THE CA-
STEL OF HELTH
CORRECTED
AND IN SOME
places augmen-
ted, by the
fyrſt au-
thor
therof, ſyr Thomas
Elyot knyght,
the yere of
our lorde
1541.


FACE AVT TACE

THE PROHEME

OF SYR THOMAS ELYot knyght into his boke, callyd the Castell of Helthe.



GALENE THE mooste excellent Physition feared, that in wrytyng a compendyeuse doctrine for the curynge of sykenesse, he shoulde loose all his labour, for as moche as no man almooste dydde endeuour hym selfe to the fyndyng of truthe, but that all men dyd sod moche esteme ryches, possessions, authoritie, and pleasures, that they supposed them, which were studyous in any parte of Sapience, to be madde or distracte of theyr wyttes, for as moche as they demed the chiefe Sapience, which is in knowlege of thynges belongyng as well to god as to man, to haue no beinge. Syens this noble writer found that lacke in his tyme, whan there flouryshed in sundry countrays a great multitude of men excellent in al kyndes of lernyng, as it yet doth appere by some of theyr warkes, why shoulde I be greued with reprooches, wherewith some of my countray do recompence me, for my labours take without hope of temporall reward, onely for the feruent affection, whyche I haue euer borne toward the publyke weale of my countrey? I worthy matter sayth one, syr Thomas Elyot is become a Phisition, and writeth in phisicke, whyche beseemeth not a knyght, he mought haue ben

moche better occupied Truely yf they wyll call hym a phisition, whiche is studyouse about the weale of his countrey, I wyllaute they so name me, for durynge my lyfe I wyl in that affeccion alway contynue. And why, I pray you, shoulde men haue in dysdaine or smal reputacion the scie-ence of phisike: whiche beinge well vnderstand, truly experienced, and discretely ordred, doth con serue helthe, without the whiche all pleasures be peynefull, ryches vnprofytable, companye an-noyance, strength tourned to feblenes, beautie to lothesomnes, sences are dispersed, eloquence in-terrupted, remembraunce confounded, whyche hath ben consydered of wyse men, not onely of the priuate estate, but also of Emperours, kyn-ges, and other great princis who for the vniuer-sall necessitie and incomparable vtilitie, whyche they perceyued to be in that scyence of physyche, they dyd not onely aduaunce and honour it with speciall priuyledges, but alsoo dyuers and ma-ny of them were therin ryghte studyouse, in soo moche as Juba the kynge of Mauritania and Lybia, founde out the vertuous qualities of the herbe callyd Euforbium. Gentius kynge of Il-liria, founde the vertues of Gentian. The herbe Lysimachia, tooke his name of kynge Lysi-machus. Mithridates the great kynge of Pon-thus, founde fyrste the vertues of Scordion and alsoo inuented the famouse medycyne agaynste poyson, callyd Mythridate. Artemisia queene of Caria founde the vertues of Motherwoorte, whiche in latyne beareth hyr name, whereby her noble renoume hath lengar contynewed, thanne by the makynge of the famouse monument ouer

her

her deade housbande callyd Mausoleum, allthough it were reckened amonge the wonderfull warkes of the world, and yet her name with the sayde herbe stylle abydeth, whyles the sayd monument a thousande yeres passed, was vtterly dyssolued. It semeth, that physycke in this realme, hath bene welle esteemed, sens the hole studye of Salerne, at the requeste of a kynge of Englande, wrate and sette forthe a compendyouse and profytable treatyse, callyd the Gouernaunce of healthe, in latyne Regimen sanitatis. And I truste in almyghty God, that oure souereygne lorde the kynges maiesty, who dayly prepareth to stablysche amonge vs trewe and vncorrupted doctrines, wyll shortly examyne also this parte of studye, in suche wyse, as thynges apte for medicyne, growynge in this realme, by conference with moste noble authors may be soo knowen, that we shall haue lesse neede of thynges brought out of farre countrayes, by the corruption wherof, innumerable people haue perished, without blame to be gyuen to the physitions, sauyng onely, that some of them not dylygente ynough in beholdynge theyr drouges or ingredyence at all tymes dyspensed and tryed.

¶ Besydes the sayde kynges, whome I haue rehersed, other honorable personages haue writen in this excellent doctrine, and not only of the speculatiue parte, but also of the practyse thereof: whose warkes do yet remayne vnto theyr glory immortall as Ibicena, Iuensoar, Razis, Cornelius Celsus, Serenus, and whyche I shoulde haue fyrste named, Machaon, and Podalirius.

noble dukes in Grecia, whyche came to the siege of Troy, and brought with them.xxx. great shippes with men of warre. This well consydred, I take it for no shame to study that science, or to set forth any bokes of the same, beynge therto prouoked by the moste noble and vertuous example of my noble mayster kynge HENRY the VIII, whose helth I hartily pray god as long to preserue, as god hath constitute mans lyfe to contynue, for his hyghnes hath not disdayned to be the chiefe author and setter forthe of an Introduction into grammer, for the chyldern of his louyng subiectes, wherby, hauyng good masters, they shall moste easyly and in shorte tyme apprehend the vnderstandyng and forme of speakyng of true and eloquent latyne. O royall harte, full of very nobilytie. O noble breast, settyng forthe vertuouse doctrine, and laudable study. But yet one thynge moche greueth me, that not withstandynge I haue euer honoured, and specially fauored the reuerende colledge of approued philitiõs, yet some of them hearynge me spoken of, haue sayd in derysion, that all though I were pretyly sene in hystories, yet being not lerned in physyke, I haue put in my boke dyuers errours, in presumyng to wryte of herbes and medycines. Fyrste as concernyng hystories, as I haue planted them in my warkes, beinge well vnderstande, they be not so lyght of importaunce as they done esteme theym, but may more surely cure mennes affections, than dyuers philitions doo cure maladyes. For whan I wrate fyrste this boke, I was not all ignorant in physyke. For before that I was twenty yeres olde, a worshypfull philition, and

one

one of the moste renoumed at that tyme in Englande, perceyuing me by nature inclyned to knowledge, radde vnto me the woꝛkes of Galene of temperamentes, naturall facultyes, the Introduction of Johannicius, with some of the Aphoꝛesmes of Hippocrates. And afterward by myn owne study, I radde ouer in oꝛder the moꝛe part of the warkes of Hippocrates, Galenus, Oribasius, Paulus Celius, Alexander Trallianus, Celsus, Plinius the one and the other, with Dioscoꝛides. Noꝛ I dyd omytte to reade the longe Canones of Auicenna, the commentaries of Auerroys, the practyses of Isaake, Halyabbas, Rasis, Mesue, and also of the moꝛe part of them whiche were their aggregatours and folowers. And although I haue neuer bene at Monnpelier, Padua, noꝛ Salerne, yet haue I founde some thynge in Phyfyke, wherby I haue taken no lyttell profyte concernynge myne owne helthe. Moꝛeouer I wote not why phisitions shulde be angry with me, sens I wrate and dyd set forthe the Castell of helthe foꝛ theyꝛ commoditie, that the vncertayne tokens of vrines, and other excrementes shuld not deceyue them, but that by the true informatiõ of the syche man, by me instructed, they mought be the moꝛe sure to prepare medicines conuenient foꝛ the dyseases. Also to the intent that men obseruyng a good oꝛder in diete, and preuentynge the greate causes of sycheneſſe, they shuld of those maladies the sooner be cured. But yf phisitions be angry, that I haue written phyfyke in englyshe, let them remembre, that the grekes wrate in greke, the Romayns in latyne, Auicenna, and the other in Arabike, which were

theyr owne propre and maternal tongues. And yf they had bene as moche attached with enuy and couetyse, as some nowe seeme to be, they wolde haue deuysed somme partycular language, with a straunge sypher or fourme of letters, wherein they wolde haue wrytten theyr sayence, whyche language or letters noo man shoulde haue knowen that hadde not professed and practysed physyke: But those, although they were paynymes and Jewes, in this part of Charytie, they farre surmounted vs Chrystyanes, that they wolde not haue so necessarye a knowledge as physike is, to be hydde from theym, whyche wolde be studyouse about it.

¶ Fynally God is my iudge, I wryte neyther for glorye, rewarde, nor promotion, onely I desyre men to deme well myne intente, sens I dare assure theym, that all that I haue wryten in this boke, I haue gathered of the mooste pryncypalle wrytters in physyke. Whyche being throughly studyed and well remembred, shall be profytable (I doubte not) vnto the reder, and nothyng noyouse to honest phisytions, that do measure theyr studye, with moderate lyuyng and Chrysten Charytie.

THE TABLE

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FACE AVT TACE



TO THE CONSERVAtion of the body of mankynde, within the limitation of helth, which (as Galene saith) is the state of the body, wherin we be neyther greued with peyn, nor lette from doyng our necessary busynesse, doth belonge the dilygente consyderation of thre sortes of thynges, that is to say: De tuenda sanitate lib. 1

- Thynges Naturall,
- Thynges not Naturall, and
- Thynges agaynst Nature.

¶ Thynges Naturall be. vii. in numbre.

- Elementes
- Complections
- Humours
- Membres
- Powers
- Operatiõs and
- Spirites.

¶ These be necessary to the being of helthe, accordynge to the order of theyr kynde: and be alway in the naturall body.

¶ Thynges not naturall be syxe in number.

- Ayre
- Meate and drinke
- Slepe and watche
- Mouyng and reste
- Emptines & repletion, and
- Affectiõs of the mynde.

¶ Thynges agaynst Nature be thre.

- Syckenesse.
- Cause of sycknesse.
- Accident, whiche foloweth sycknes.

¶ Annexed to thynges naturall.

Age
Colour,
Fygure, and
Diuersitie of kyndes.

¶ The elementes be those originall thynges vnmyxte and vncompounde, of whose temperance and myxture all other thynges hauynge corporall substaunce be compacte: Of them be foure, that is to saye,

Erthe,
Water,
Ayre, and
Fyre.

¶ Earthe is the mooste grosse and ponderouse elemente, and of her propre nature is colde and drye.

¶ Water is more subtylle and lyghte thanne erth, but in respect of Ayre and Fyre, it is grosse and heuy, and of her propre nature is coulde and moyste.

¶ Ayre, is more lyghte and subtyll than the other two, and beynge not altered with any exterior cause, is properly hotte and moyst.

¶ Fyre, is absolutely lyghte and cleere, and is the clarifyer of other elementes, if they be vicyate or out of theyr naturall temperaunce, and is properly hotte and dryr.

¶ This is to be remembred, that none of the sayd elementes be cõmonly sene or felt of mortall men, as they are in theyr originall beynge: but they whyche by our senses be perceyued, be corrupted with mutuall myxture, and be rather erthy, watry, ayry, and fyry, than absolutely erth, water, ayre, and fyre.

Of

OF THE Complexyon of Man. Cap. 2.

Complexyon is a combynation of two dyuerse qualities of the.iii. elementes in one body, as hote and dyze of the fyze, hote and moyste of the ayze, colde and moyste of the Water, colde and dyze of the Earthe. But although all these complexions be assembled in euery body of man and woman, yet the body taketh his denomination of those qualities, which abounde in hym, more than in the other, as hereafter insewyth.

¶ The body, where heate and moisture haue soueraynte, is callyd Sanguyne, wherin the ayze hath preemynence, and it is perceyued and knowen by these sygnes, whiche do folowe:

Sanguine
- Carnolitie or fleshynes.
- The veynes and arteryes large.
- Heare plenty and redde.
- The vysage whyte and ruddy.
- Sleape moche.
- Dreames of blouddy thynges, or thynges pleasaunt.
- Pulse great and full.
- Digestyon perfecte.
- Angry shortly.
- Sprege, vrine, and sweate abundãt,
- Fallynge shortly into bleadyng.
- The vrine redde and grosse.

¶ Where colde with moysture preuayleth, that body is callyd Fleumatyke, wherin water hathe preeminence, and is perceyued by these sygnes.

Fleumatyke
- Fatnes quauynge and softe.
- Vaynes narowe.
- Heare mochy and playne.
- Colour whyte.
- Sleape superfluous.
- Dreames of thynges watry, or of fyshe.
- Slowneſſe.
- Dulneſſe in lernynge.
- Lowardyſe.
- Pulſe ſlowe and lyttell.
- Digeſtion weake.
- Spyttell whyte, aboundaunt, and thycke.
- Urine groſſe, white, and pale.

¶ Colerike is hotte and dryc, in whome the fire hath preeminence, and is discerned by these sygnes folowyng.

Cholerike
- Leanneſſe of body.
- Coſtiueneſſe.
- Heare black or darke aburne curled.
- Vſage and ſkynne redde as fyre, or ſalowe.
- Hotte thynges noyfull to hym.
- Lyttell ſleape.
- Dreames of fyre, fightyng, or angre.
- Wytte ſharpe and quycke.
- Hardy and fyghtynge.
- Pulſe ſwyfte and ſtronge.
- Urine hygh coloured and clere.
- Voyce ſharpe.

Melan-

¶ Melancolyke is colde and dryc, ouer whome the earthe hath dominyon, and is perceyued by these sygnes.

Melancolyke,
- Leanneſſe with hardenes of shynne.
- Heare playne and thynne.
- Coloure duskyſſhe, or whyte with leanneſſe.
- Woche watche.
- Dreames fearefull.
- Stykke in opnyons.
- Digeſtion slowe and yll.
- Tymorous and fearefull.
- Anger longe and krettynge.
- Pulse lyttell.
- Seldome laughynge.
- Uryne watry and thynne.

BEsydes the sayde complexyons of all the hole body, there be in the particular membres, complexyons, wherin if there be any distemperaunce, it bryngeth sycheneſſe or griefe into the membre. Wherfore to knowe the distemperature, these sygnes folowyng wold be consydered. Forsene, that it be remembred, that some distemperatures be simple, and some be cõpounde. They whyche be symple, be in symple qualytics, as in heate, colde, moyste, or dryc. They whiche be compounde, are in compounde or myxte qualities, as heate and moysture, heate and drythe: colde and moyste, colde and dryc. But nowe fyrste we wylle speake of the symple complexyons of euery principall member, beginnynge at the brayne.

The brayne exceadyng in heat hath
- The heade and vysage very redde and hotte.
- The heare growinge faste, blacke and coueled.
- The veynes in the eyen apparaunt.
- Superfluous matter in the nosethrylls, eyen, and eares.
- The headde annoyed with hotte meates, drynkes, and sauours.
- Slepe shorte and not sound.

The brayne exceadyng in cold hath
- Moch superfluitie runnyng out of the nose, mouthe, eares and eyen.
- Heare straight and fine growyng slowely, and flaxen.
- The head dyspoſed by smal occasyon to poſes and murres.
- It is soone annoyed with colde.
- It is colde in touchyng.
- Veynes of the eyen not seene.
- Sleapy somewhat.

Moyst in exceſſe hath
- Heares playne.
- Seldome or neuer balde.
- Wytte dulle.
- Moche superfluities.
- Slepe moche and deepe.

No

The brayne dry hath
- No superfluites rāning
- wyttes good and redy.
- watchefull.
- Heares black hard and
- faste growyng.
- Balde shortly.

¶ Complexyons compouned.

Brayne hot & moist distempered hath
- The head aking and heuy
- Fulle of superfluities in the nose.
- The southern wynde greuouse.
- The Northerne wynde holsome.
- Slepe deepe but vnquiete with often wakynges and straunge dreames.
- The senses and wytte vnperfecte.

Brayn hote and dry dystempered hathe
- None abundance of superfluitie, whyche maye be expelyd.
- Senses perfecte.
- Moche watche.
- Sooner balde than other.
- Moch heare in childhod and blacke or browne, and coueled.
- The hed hot and ruddy.

Braine colde & moyst distempred hath

- The senses and wyt dull
- Moche sleape.
- The head soone replenished with superfluous moysture.
- Distyllations and pose or murres.
- Not shortly balde.
- None hurte with colde.

Brayn cold and dry dystempered hathe

- The head colde in seyng and without colour.
- The vetnes not appering
- None hurte with colde.
- Often dyseased.
- Wytte perfect in chyldehode, but in age dull.
- Aged shortly, and balde.

Of the Hart.

The hart hotte distempered hath

- Moche blowyng & puffynge.
- Pulse swyft and busy.
- Hardines and manhod moch
- Promptnesse, actuitie, and quyckenesse in dooynge of thynges.
- Fury and boldnesse.
- The breaste hearye towarde the lefte syde.
- The breaste brode with the heade lyttell.
- The body hotte, excepte the lyuer do let it.

The

The harte cold dis tempered hath,
- The pulse very lyttell.
- The breth lyttell and slowe
- The breast narowe.
- The body all colde, except the lyuer doth inflame it.
- Fearefulnesse.
- Scrupulosities moch care.
- Curiosities.
- Slowgnesse in actes.
- The breast cleane without heares.

The harte moyst distempered hath
- The pulse softe.
- Sone ãgry & sone pacified.
- The body al moist, except the lyuer displeth cõtrary.

The harte dry dystempered hath
- The pulse harde.
- Not lightly angry, but beinge angry, not sone pacifyed.
- The body dry, except the liuer with displse contrary

The hart hotte and moyste
- The brest and stomack hearty
- Promptnes in actes.
- Soone angry.
- Fiersnes but not so moche as in hotte and dry.
- Pulse softe, swyft, and busy.
- Breath or wynde accordyng.
- Shortely fallethe in to dyseases caused of putrykaction.

The harte hotte and dyre,
- The harte poulse greatte and swyfte.
- The bzeathe oz wynde accordynge.
- The bzeaste and stomache all heary.
- Quiche in his doinges.
- Boldnes and hardynesse.
- Swift & hasty in mouyng.
- Soone styzed to anger and tyrannous in maners.
- The bzeaste bzode and all the body hot and dzy.

The hart cold and moyste,
- The pulse softe.
- Fearefull and tymozous.
- Slowe.
- The bzeste cleane without heare.
- Not hastily angry, noz retaynyng anger.
- The bzeaste narowe.
- All the body cold & moyste.

The harte colde and dzye hath
- The pulse harde and lyttell.
- The wynde moderate.
- Seldom angry, but whan it happeth, it dureth longe.
- The bzeaste cleane without heare and lyttell.
- All the body colde and dzye.

Of the Lyuer.

The lyuer in heate dystempered hath,
- The veynes great.
- The blood more hot than temperate.
- The healy heary.
- All the body hot exceedyng temperance.

The lyuer cold dystempered hath,
- The veynes smalle.
- Abundance of fleume.
- The bloude colde.
- All the bodye colde in feelynge.
- The healy without heare.

The lyuer moyste dystempered hath,
- The veynes soft.
- Moche blood and thynne.
- All the body moyste in feelynge, except the harte dysposeth it contrary.

The lyuer dry dystempered hath,
- The veynes harde.
- The bloudde lyttell and thycke.
- All the body dry.

¶ The complexions compounde maye be decerned by the sayde symple qualytics. And here is to be noted, that the heate of the harte maye vaynquyshe the colde of the lyuer. For heate is in the harte, as in the fountayne or spryngc, and in the lyuer, as in the ryuer. Galen. in arte parua lib. 2.

Of

Of the Stomake.

The stomake hotte dystempered

- He digesteth well, specyally harde meates, & that wyll not be shortly altered Lyghte meates and soone altered, be therein corrupted.
- The appetyte lyttell and slowe.
- He deliteth in meates and drynkes, whyche be hotte for euerye naturalle complexyon deliteth in his cēdiable.

The stomake colde dystempered,

- He hath good appetite.
- He digesteth yl and slowly, specyally grosse meates and harde.
- Colde meates doo ware sowre beynge in hym vndigested.
- He deliteth in meates and drynkes, which be Colde, and yet of theym he is indamaged.

The stomak moist dystempered

- He thyrsteth but seldome, yet he desyreth to drynke.
- With superfluoule drynk he is hurte.
- He delytethe in moyste meates.

He

The stomake dry dystempered
- He is soone thyrsty.
- Contente with a lyttell drynke.
- Diseased with moche drinke.
- He delyteth in dry meates.

¶ It is to be noted, that the dyspositions of the stomake naturall, do desyre that which is of like qualytyes. The dispositions vnnaturall, do desyre thynges of contrary qualities.
¶ Also not the stomache onely causeth a man to thyrste or not thyrste, but also the lyuer, the lunges, and the hart.

Of the genitories or stones of generation.

The genitories hot distempred
- Great appetyte to the act of generation.
- Ingendrynge men chyldren.
- Heare soone growen aboute the membres.

The genitories cold distempred
- Small appetite to the acte of generation.
- Ingendryng women chyldren
- Slowe growthe of heare aboute the membres.

The genitories moist distempred
- Sede abundant but thynne and watrye.

The genitories dry distempred
- Sede lyttell but metely thyck in substance.

Lasse

Genitoryes hot and moyste,
- Lesse appetite to lechery thā in them, whyche be hote and drye.
- Moze puissance to do it, and without lasse damage.
- Hurt by absteynyng from it.
- Lesse heryes thā in hote & dry

The genytoryes hotte and dryc,
- The sede thycke.
- Moche fruitefulnes of Generation.
- Great appetite and redynes to the acte.
- Heare aboute the membres soone growen.
- Swyftnesse in spedynge of the acte.
- Soone therwith satisfi d.
- Damage by vsynge therof.

The genytoryes cold and moyste
- The sede watry and thynne.
- Lyttell desyre to the acte, but moze puissance than in them whyche be colde and dryc.
- Lyttell heares oz none about the membres.

The genytoryes colde and dryc
- Heares none oz fewe.
- Litel appetit oz none to lechery
- Lytell puissaunce to do it.
- Ingendrynge moze females than men chyldren.
- That litel sede that is, is thicker than in colde and moyst.

Of

¶Of Humours.

IN the bodye of Man be foure pryncipall humours, whiche contynewyng in the proporcion, that nature hathe lympytted, the bodye is free fromc all sycknesse. Contrarye wyse, by the increase or dyminution of anye of theym in quantitie or qualytie, ouer or vnder theyr naturall assignement, inequall temperature commeth into the body, whiche sycknesse foloweth more or lasse accordyng to the lapse or decay of the temperatures of the sayde humours, which be these folowynge,

Bloudde, Choler,
Fleume, Melancoly.

¶Bloudde hath preemynence ouer all other humours in sustenynge of all lyuynge creatures, for it hath more conformitie with the oxygynalle cause of lyuynge, by reason of temperatenesse in heate and moysture, also nourysheth more the body, and restoreth that whiche is decayed, being the very treasure of lyfe, by losse wherof, deathe immediately foloweth. The dystemperature of bloud happeth by one of the other thre humors, by the inordinat or superfluous mixture of them.

¶Of Fleume.

¶Fleume is of two sortes,

Naturall and
Vnnaturall.

¶Naturall fleume is a humour cold and moyst, whyte and swete, or without taste ingendred by insufficient decoction in the seconde dygestion of the watrye or rawe partes of the matter decocte

called

callyd Chilus by the laste dygestion made apt to be conuerted into bloud. In this humour, water hath dominion most principall.

¶ Fleume vnnaturall is that, whyche is myxte with other humours, or is altered in his qualitie, And therof is. viii. sundry kyndes.

Flewme.
- Watry, which is foũden in spetyll of great dzynkers, or of them, whyche dygeste yll.
- Slymy or rawe.
- Glasy, lyke to whyte glasse, thicke, viscouse lyke dyzde ayme and heuy.
- Plastry, whiche is very grosse, and as it were chalkye, suche is founde in the ioyntes of them, which haue the gowte.
- Salt, which is mingled with coler.
- Sower, mixt with melancoly, whyche commeth of corrupt digestion.

Ponticum
- Harshe, thycke and grosse, whiche is seldome founden, whiche tasteth lyke grene crabbes or sloes.
- Stiptik or binding, is not so grosse nor cold, as harsh, and hath the tast lyke to grene redde wyne, or other lyke, straynyng the tunge.

¶ Choler dothe participate with naturall heate as longe as it is in good temperaunce. And therof is also two kyndes,

Naturall, and
Vnnaturall.

Natu-

Choler naturall

¶ Naturall choler is the foome of bloudde, the colour wherof is redde and clere, or more lyke to an orenge colour, and is hotte and dry, wherin the fyre hath dominyon, and is light and sharpe, and is ingendred of the moste subtyll part of matter wele rosted, or boyled in the stomacke, whose begynnyng is in the lyuer.

¶ Unnaturall choler is that whiche is myxte or corrupted with other humours, wherof be toure kyndes.

Citrine or yelowe choler, whyche is of the myxture of naturall choler, and watry fleume, and therfore hath lesse heate than pure choler.

Yelky. lyke the yelkes of egges, whiche is of the myxture of flewme congeled, and choler naturall, and is yet lasse hot than the other.

Grene lyke to leke, whose begynnynge is rather of the stomak, than of the liuer Grene lyke to grene canker of mettall, and bourneth lyke venym, and is of exsedynge aduſtion of choler or Flewme, and by these two kyndes nature is mortifyed.

¶ Melancoly or blacke choler is diuyded into two kyndes.

Naturall, which is the dregges of pure bloude, and is knowen by the blackne, whan it ysſueth eyther downewarde or vpwarde, and is verely cold and dry.

Unnaturall, whyche proceedeth of the

aduſtion of cholerycke myxture, and is hotter and lighter, hauyng in it violence to kyll, with a dangerous dyſpoſition.

Of the membres.

¶ There be diuerſities of membres, that is to ſay.

Pryncipall membres,
- The brayne.
- The harte.
- The lyuer.
- The ſtones of generation

Officiall membres
- Synewes whiche do ſerue to the brayne.
- Arteries or pulſes, whiche do ſerue to the harte.
- Veynes which do ſerue to the lyuer.
- Veſſels ſpermatik, wherin mans ſede lyeth, which do ſerue to the ſtones.

Partes called Homilares, for beinge diuyded they remayne in them ſelfe like as they were.
- Bones.
- Gryſtell.
- Calles betwixt the vtermoſte ſkynne and the fleſhe.
- Muſkles or fylletes.
- Fatte.
- Fleſhe.

Membres inſtrumentall
- The ſtomache.
- The raynes.
- The bowelles.
- All the great ſynewes.

¶ Theſe of of theyr vertu do apetite meate & alter it

Of

Of Powers.
- Animall.
- Spirituall.
- Natural.

Naturall power.
- Whiche do minister.
- To whom is ministred.

whiche dothe mynyster.
- Appetiteth.
- Retayneth.
- Dygesteth.
- Expelleth.

To whome is ministred
- Ingendreth.
- Nourysheth.
- Fedeth.

Power spirituall
- warkynge, which delateth the harte and arteries, and eftsones strayneth them.
- wrought, which is stirid by an exterior cause to warke wherof cometh anger, indignation, subtilitie, & care.

Power animall.
- That whych ordeineth, discerneth, and composeth.
- That moueth by voluntarye motion.
- That whiche is called sensyble, wherof do procede the fyue wyttes.

Of that which or
dineth do procede
- Imaginatiõ in the forhed.
- Reason in the braync.
- Remembrance in the nodl.

Operations.
- Appetite by heate and dryth.
- Digestion by heat and moisture
- Retaynyng by colde and dryth.
- Expulsion by colde and moyste.

¶ Spirite is an ayry substance, subtyll, styrryng the powers of the body, to perfourme theyr operations, whiche is diuided into

Naturalle, whyche taketh his begynnynge of the lyuer, and by the veynes, whyche haue no pulse, spreadeth into all the hole body.

Vitall, whyche procedeth from the hart and by the arteries or pulses is sente into all the body.

Animalle, whyche is ingendred in the braync, and is sente by the Senewes, throughout the body, and maketh sence or feleynge.

¶ Annexed to thynges naturall.

Ages be.iiii.
- Adolescency to. xxv. yeres hotte and moyste, in the whyche tyme the body groweth.
- Iuuentute vnto. xl. yeres, hotte and drye, wherein the body is in perfite growthe.
- Senectute, vnto. lx. yeres colde and drye, wherin the body beginneth to decreace.

Age

Age decrepite, vntyll the laste tyme of lyfe, accidentlye moyste, but naturallye colde and dryc, wherin the powers and strength of the body be more and more mynyshed.

¶ Colour.
Of inwarde causes.
Of outwarde causes.

Colour of inwarde causes
- Of equalitie of humours, as he that is redde and whyte.
- Of inequalitie of humoures, wherof do procede blacke, saffowe, pale, or whyte onely.
- Redde, Blacke, Saffowe, } to betoken dominyon of heate.
- Whyte, colde of fleume.
- Pale, colde of melancoly.
- Redde, abundance of bloude.
- Saffowe, choler citrine.
- Blacke, melancolye or choler aduste.

Colour of outwarde causes.
- Of colde or heate, as englishe menne be whyte, Moores be blacke.
- Of thynges accidentalle, as of feare, of angre, of sorowe, or other lyke motions.

Colour of heare.
- Blache, eyther of abundaunce of cheler inflamed, or of moche incendynge or aduſtion of bloudde.
- Redde heare of moche heate not aduſte.
- Gray heares of abundance of melancholy.
- Whyte heares of the lacke of naturalle heate, and by occaſyon of fleume putrified.

¶ All the reſydue concernynge thynges naturalle conteyned in the Introduction of Joannicius, and in the lyttell crafte of Galene, I pourpoſely paſſe ouer for this tyme, foraſmoche as it dothe requyre a reder hauyng ſome knowledge in philoſophy naturall, or elles it is to harde and tedious to be vnderſtande. Moreouer this, whyche I haue wrytten in this fyrſte tables, ſhall be ſuffycyent to the conſeruation of heithe, I meane, with that whyche nowe folowethe in the other Tables.

¶ The ſeconde Table.

THynges not naturall be ſo callyd, byeauſe they be noo portion of a naturall body, as they be, whyche be callyd naturall thynges, but yet by the temperaunce of theym the body bringe in heithe, ſo conſyſteth by the diſtemperance of them, ſyckeneſſe is induced, and the body dyſſolued.

¶ The fyrſte of thynges not naturalle is ayre, whyche is properly of it ſelfe, or of ſome materialls

triall cauſe or occaſyon good or yll.

¶ That whiche is of it ſelf good, hath pure vapours, and is odoriferous.

¶ Alſo it is of it ſelfe, ſwyft in alteration from hotte to colde, wherin the body is not moche prouoked to ſweate for heate, ne to chylle for vehemency of colde.

¶ Eyre amonge al thynges not naturall is chiefly to be obſerued, for as moch as it doth both incloſe vs, and alſo enter into our bodyes, ſpecially the moſt noble member, which is the hart, and we can not be ſeparate one howre from it, for the neceſſitie of breathyng and fetchyng of wynde.

¶ The cauſes wherby the ayre is corrupted, be ſpecially foure.

Influences of ſundry ſterres.
Great ſtandyng waters neuer refreſhed.
Carrayne lyenge longe aboue grounde.
Moche people in ſmall roume, lyuynge vnhkeanelye and ſluttyſhely.

Wynde bryngynge holſome ayre. { Northe, whyche prolongeth lyfe, by expulſynge yll vapours. / Eaſt is temperat & luſty.

Wyndes bryngyng yll ayre. { Southe corrupteth, and maketh yll vapours. / Weſte, is very mutable, whiche nature doth hate.

¶ Meate and drynke.

¶ In meate and drynke we muste consyder syxe thynges.

- Substance,
- Quantitie,
- Qualytie,
- Custome,
- Tyme,
- Order.

¶ Substance, somme is good, whyche maketh good iuyce and good blouddc, some is ylle, and ingendzeth yll iuyce and yll blouddc.

Meates and drynkes makynge good iuyce.

¶ Bzead of pure floure, of good wheat somewhat leuened, welle baked, not to olde noz to stale.

Egges of fesauntes, hennes, oz partryches, newe layd, poched, meane betwene rere and harde.

Mylke newe mylked, dzounke fastyng, wherin is sugar, oz the leaues of muntes.

Fesauntes.

Partryches oz chykens.

Capons oz hennes.

Wyldes of the fieldes.

Fyshe of stony ryuers.

Veale suckynge.

Porke younge.

Bieke not passyng .iii. yeres.

Pygeons.

Venyson of redde dere.

Pease potage with myntes.

Fete of swyne or calues.
Fygges rype, } before meales.
Raysons, }
Bourage.
Languedebieke.
Persely.
Wyntes.
Ryce with almonde mylke.
Lettyse.
Cykorye.
Grapes.
Wines good moderatly taken, wel fined
Ale and biere fyre dayes olde, cleane bre-
wed, and not stronge.
Wythe and gladnesse.
The lyuer and braynes of hennes and
chykens, and ponge geese.

¶ Meates and drynkes makyng
yll iuyce.

¶ Olde bieke.
Olde mutton.
Geese olde.
Swanne olde.
Duckes of the kanell.
Inwarde of beastes.
Blacke puddynges.
The hart lyuer and kydneys of al bestis.
The braynes and mary of the backbone
Wood culuers.
Shell fysche, excepte creuyse deaudouice.
Chese harde.
Apples and pearcs moche bled.
Fygges and grapes not rype.
All rawe herbes, excepte lettyse, borage,

and Cykorye.
Onyons, } { immoderately vsed, spe
Garlyke, } { cially in Cholerike sto-
Leekes, } { makes.
Wyne in muste or sowre.
Feare, sorowe, and pensykenesse.

Meates ingendrynge choler.
Garlyke.
Onyons.
Rohat.
Kerlis.
Leekes.
Mustarde.
Pepper.
Honye.
wyne moche drunken.
Swete meates.

Meates ingendrynge fleume.

All slymy and cleauynge meates.
Chese newe.
All fische, specially in a flematike stomak.
Inwardes of beastes.
Lambes flesshe.
The synewe partes of flesshe.
Skynnes.
Braynes.
Lunges.
Rapes.
Cucumbers.
Repleciou.
Lathe of euerysle.

Meates ingendrynge melancholy.

Bicke.
Gotes flesshe.
Hares flesshe.
Bores flesshe.
Salte flesshe.
Salte fysshe.
Colewortes.
All pulse excepte white peason.
Browne breodde course.
Thycke wyne.
Blacke wyne.
Olde cheese.
Olde flesshe.
Great fysshes of the sea.

Meates makynge thycke iuyce.

Rye breadde.
Muste.
Breade without leauen.
Caste breadde.
Sea fysshe great.
Shell fysshe.
Bicke.
The kydneys.
The iuyce of a swyne.
The stones of beastes.
Mylke moche sodden.
Rapes.
All rounde rootes.
Cucumbers.
Swete wyne.
Deepe redde wyne.
Garlyke.

Mustarde.
Oziganum.
Hysope.
Basyll.
Fenell.
Chese.
Egges fryed or harde.
Chesten nuttes.
Nauews.
Fygges grene.
Appuls not rype.
Pepper, Rohat, Leekes, Onyons, } moche vsed.

¶ Meates whiche do hurte the teethe.

¶ Very hotte meates.
Nuttes.
Swete meates and dzynkes.
Radysshe rootes.
Harde meates.
Mylke.
Bytter meates.
Moche vompte.
Leekes.
Fysshe fatte.
Lymons.
Colewoztes.

¶ Meates whiche do hurt the eyes.

¶ Dzunkennes.

Lechery.
Wuste.
All pouise.
Swete wynes and thycke wynes.
Heinpe sede.
Very salte meates.
Garlyke.
Dynyons.
Colewoztes.
Radyshe.
Readynge after supper immediately.

¶ Makynge great oppylations.

¶ Thycke mylke.
All swete thynges.
Rye bzeadde.
Sweete wynes.

Meates inflatyng or wyndy.

¶ Beanes.
Lupynes.
Licer.
Mylle.
Cucumbers.
All mpre of herbes.
Fygges dzye.
Rapes.
Nauews rawe.
Wylke.
Hony not well clarified.
Wuste.

Thyn-

Thynges good for the head.

¶ Cububes.
Galyngale.
Lignum aloes.
Maioram.
Maulme myntes.
Gladen.
Nutmygges.
Muske.
Rosemary.
Roses.
Pionye.
Yssope.
Spyke.
Camomyll.
Melilote.
Rewe.
Frankyncense.

Thynges good for the hart.

¶ Cynamome.
Saffron.
Lozall.
Cloues.
Lignum aloes.
Perles.
Mace.
Maulme myntes.
Myrabolanes.
Muske.
Nutmigges.
Rosemary.

The bone of the harte of a redde dere.
Maioram.
Bugloss.
Bourage.
Setuall.

Thynges good for the lyuer.

¶ Wormewood.
Withwynde.
Agrymony.
Saffron.
Cloues.
Endyue.
Lyuerwoxte.
Cykory.
Plantayne.
Dragons.
Reasons great.
Saunders.
Fenell.
Violettes.
Rosewater.
Lettyse.

Thynges good for the lunges.
Elycampane.
Hyssope.
Scabiose.
Lycorice.
Raysons.
Maydenheare.

Pe

Pendides.
Almondes.
Dates.
Pistacis.

Thynges good for the eyes.

Eyebryght.
Fenell.
Uerum.
Roses.
Celandyne.
Agrymony.
Cloues.
Colde water.

Thynges good for the stomake.

Myrabolanes.
Nutmygges.
Organum.
Pystaces.
Quynces.
Olybanum.
Wormewode.
Saffron.
Corall.
Agrymony.
Fumitorye.
Galyngale.
Cloues.
Lignum aloes.
Mastix.
Mynte.
Spodium.
The innermost skynne of a hennes gysar.
Coriander prepared.

THE SECONDE BOKE,

Of Quantitie. Cap. 1.

THE QUANTITIE OF meate must be proporcioned after the substaunce and qualitie thereof, and accordynge to the complexion of him that eateth. Fyrst it ought to be remembred, that meates hotte and moyste, which are qualities of the blud are sone tourned into bloud, & therfore moch nourysheth the body. Some meates do nourishe but lytell

lyttell, haupnge lyttell conformitie with bloudde in theyr qualities. Of them whiche do nourysshe, some are more grosse, some lyghter in digestion. The grosse meate ingendreth grosse bloudde, but where it is well concocte in the stomake, and wel dygested, it maketh the flesshe more fyrme, and the offyciall membres more stronge, than fyne meates. Wherfore of men, whiche vse moche labour or exercyse, also of them, whiche haue very cholerike stomackes, here in Englande, grosse meates may be eaten in a great quantitie: and in a cholerike stomake bieke is better digested than a chykens legge, for as mo has in a hot stomake fyne meates be shortly aduste and corrupted.

Contrarywyse in a colde or flemmatyke stomake grosse meate abydeth longe vndygested, and maketh putrifyed matter, lyght meates therefore be to suche a stomake more apte and conuenyente.

The temperate bodye is beste nourysshed with a lyttell quantitie of grosse meates: but of temperate meates in substaunce and qualitie, they may safely eate a good quantitie. Forsceene alwaye, that they eate withoute gourmandyse, or leaue with some appetite. And here it wold be remembred, that the cholerike stomake, dothe not desire so moche as he may dygeste, the melancolye stomake maye not dygeste so moche as he desireth: for colde maketh appetyte, but naturalle heate concocteth or boyleth. Not withstandynge vnnaturall or supernaturall heate dystroyeth appetyte, and corrupteth digestion, as it appereth in feuers. Moreouer fruites and herbes, specyally rawe, wolde be eaten in a smalle quantitie, although the person be very cholerike, for almoche

as they do ingender thynne watry bloude, apte to receyue putrifaction, whyche although it be not shortely perceyued of hym that vseth it, at lengthe they sele it by sundry dyseases, which are longe in commyng, and shortly sleeth, or be hardly escaped. Fynally excesse of meates is to be abhorred. For as it is sayde in the boke callyd Ecclesiasticus, In moche meate shal be sycknes, and inordinate appetite shall approche vnto choler. Semblably the quantitie of dryncke wolde be moderated, that it exceede not nor be equalle vnto the quantitie of meate, specially wyne, whyche moderately taken, apeth nature, and comforteth her, and as the sayde author of Ecclesiasticus sayth, Wyne is a reioycynge to the soule and bodye. And Theognes sayth in Galenes warke, A large draught of wyne is vile, A moderate draught is not onely not vile, but also cōmodious or profytable.

Ecclesi. 17.

Ecclesi. 31.

Gal. de tuenda sanit.

¶ Of Qualytie of meates. Cap. 2.

QValitie is in the complexyon, that is to saye, it is the state therof, as hotte or colde, moyste or dryc. Also some meates be in wynter colde in acte, and in vertue hotte. And it wold be consydered, that euery cōplexion temperate & vntemperate, is conserued in his state, by that whiche is lyke therto in fourme and degree. But that whyche exceedeth moche in dystemperaunce, muste be reduced to his temperaunce, by that whyche is contrarye to hym in fourme or qualytie, but lyke in degree moderatly vsed. By fourme is vnderstande grosnes, fynes-

neſſe, thyckeneſſe, or thynneſſe, by degree, as the fyrſte, the ſeconde, the thyrde, the fourth in heate colde, moyſture, or dryethe.

¶Of Cuſtome. Cap. 3.

CUſtome in feedynge is not to be contemned, or lyttell regarded: for thoſe meates, to the which a man hath ben of long time accuſtomed, thoughe they be not of ſubſtaunce commendable, yet do they ſometyme leſſe harme than better meates, wherunto a man is not vſed. Also the meates and drynkes, whiche doo moche delyte hym that eateth, are to be preferred before that whiche is better, but more vnſauerye. But if the cuſtom be ſo pernicious, that it needs muſt be left, than wolde it be withdrawen by lytel and lyttell in tyme of helth, and not of ſyckneſſe. For if it ſhulde be withdrawen in tyme of ſyckneſſe, Nature ſhuld ſuſteyne treble detriment: fyrſt by the greefe induced by ſyckeneſſe, ſecond by receyuynge of medicines, thyrdely by forbearynge the thynge, wherin ſhe delyteth.

Hippocrates aphoriſmo. 2.

Galenus.

¶Of the temperature of meates to be receyued. Cap. 4.

TO kepe the body in good temper, to them whoſe naturall cõplexion is moyſt, ought to be gyuẽ meates that be moiſt in vertue or power. Contrary wiſe to them, whoſe naturall complexyon is drye, oughte to be gyuen meates drye in vertue or power. The bodyes vntemperate, ſuche meates or drynkes are to be gy-

uen,

een, whiche be in power contrary to the distem-
perance, but the degrees are alwaye to be consy-
dered, as well of the temperance of the body, as
of the meates. For where the meates do meche
excede in degre the temperature of the body they
anoye the body in causynge dystemperaunce. As
hotte wynes, pepper, garlyke, onyons, and salt,
be noyfull to them, whiche be cholerike, because
they be in the hyghest degree of heate and dryethe,
about the iuste temperance of mannes bodye in
that complexion. And yet be they oftetymes hol-
some to them, whiche be fleumatike. Contrary-
wyse, colde water, colde herbes, and cold frutes
moderately yled, be holsome to cholerike bodies,
by puttyng away the heate, excedynge the natu-
rall temperature: and to them, whyche be fleu-
matyke, they be vnholsome, and doo bryng into
them distemperance of colde and moyste.

¶What distemperaunce happeneth by the excesse of sundry qualities in meates and drynkes. Cap. v.

Meates
- Colde do congele and mortify.
- Moyste, do putrifie and hasten age.
- Dry, sucketh vp naturall moisture.
- Clammye, stoppeth the issue of va-pours and bryne, and ingendrethe tough fleume and grauell.
- Fatte and oyly, swymmeth longe in the stomake, and bryngeth in loth-somnesse.
- Bytter, dothe not nourysshe:
- Salte, do frette moche the stomake.

Harrysche, lyke the taste of wylde fruytes, do constipate and restrain.
Swete, chaufeth the bloudde, and causeth oppilations or stoppinges of the pores and conduites of the body.
Sower cooleth nature, and hasteneth age.

¶ What commoditie happeneth by the moderate vse of the sayde qualities of meates and drynkes. Ca. 6.

Meates
Colde asswageth the bournyng of choler.
Moyste, humecteth that whyche is dryed.
Drye, consumeth superfluous moisture.
Clammye, thycketh that whiche is subtyll and perlyng.
Bytter clenseth and wypeth of, also mollyfieth and expelleth fleme.
Salt, relenteth fleme clammy, and dryeth it.
Fatte and vnctuouse, nourysheth, and maketh soluble.
Styptike or roughe on the tongue byndeth and comforteth appetite.
Swete dothe clense, dissolue, and nourysche.

Of

¶Of Fruytes. Cap.7

For as moche as before that tyllage of corne was inuented, and that deuouring of flesshe and fysshe was of mankynde vsed, men vndoubtedlye lyued by fruites, and Nature was therwith contented and satisfied, but by change of the diete of our progenytours, there is caused to be in our bodies suche alteration from the nature, whiche was in men at the begynnyng, that nowe all fruites generally are noyfull to manne, and do ingender yll humours, and be ofttymes the cause of putrifyed feuers, yf they be moche and contynually eaten. Not withstandynge vnto them, which haue abundaunce of choler, they be sometyme conuenyente, to repelle the flame, whyche proceedeth of choler. And some fruites, whiche be stypteke or byndyng in taste, eaten before meales, do bynde the belye, but eaten after meales, they be rather laxatiue. Nowe shall it not be vnexpedient, to wryte of som fruites particularly, declaring theyr noyfull qualities in appayrynge of Nature, and howe they maye be vsed with least detriment.

¶Of Gourdes.

Gourdes rawe be vnpleasaunt in eatyng, yll for the stomake, and almoste neuer digested, therefore he that wyll nedes eate theym, muste boyle theym, roste theym, or fry them, euery way they be without sauour or taste, and of theyr propre nature, they gyue to the body colde and moyste nourysh̄ement, and that verye Galen. de aliment. 2.

lyttell, but by reason of the slypperneſſe of their ſubſtaunce, and bycauſe all meates, whyche be moyſte of theyr nature, be not byndynge, they lyghtly paſſe forthe by the bealy. And being well ordred, they wyll be metely concocte, if corruption in the ſtomake do not preuente them: they be colde and moyſte in the ſeconde degree.

¶Of Melons and Pepons.

MElones and Pepones be almoſte of one kynde, but that the melone is round lyke an apple, and the innermoſte part therof, where the ſeedes are conteyned, is vſed to be eaten. The Pepon is moche greatter, and somwhat longe, and the inner parte therof is not to be eaten: They bothe are very colde and moyſt, and do make ylle iuyce in the body, if they be not well dygeſted, but the pepon moche more thenne the melon, they doo leaſte hurte, if they be eaten afore meales. Albeit yf they do fynde in the ſtomake fleume, they be turned into fleume, if they fynde choler, they be tourned in to choler. Notwithſtandyng there is in them the vertu to clenſe and to prouoke vryne, they be colde and moyſt in the ſeconde degree.

¶ Cucumbers.

Galen. de aliment. 2.

CUcumbers do not excede ſo moch in moiſture as melons, and therfore they be not ſo ſoone corrupted in the ſtomake: but in ſome ſtomakes, beynge moderately vſed, they do dygeſte well, but yf they be aboundantly eaten

eaten, or moche vsed, they ingender a colde and thycke humour in the vaynes, whiche inuer or seldome is tourned into good bloude, and sometyme bryngeth in feuers. Also they abate carnall luste. The sedes as well thereof, as of melons and gourdes, beyng dryed, and made clene from the huskes, are very medicinable agaynst sycknesses proceedyng of heate, also the dyfficultie or let in pyssynge, they be colde and moyst in the seconde degree.

¶ Dates

We harde to dygeste, therfore beinge moche eaten, and not well digested, they annoy the heade, and cause gnawynge in the stomake, and make grosse iuyce, and sometyme cause obstructions or stoppynges in the lyuer and spleane. And where there is inflamation or hardnes in the body, they are vnholsome, but being wel digested and temperately vsed, they nourishe and make the flesche fyrme, and also byndeth the bealy: olde dates be hotte and drye in the fyrste degree: newe gathered are hotte and moyst in the fyrste degree.

¶ Of fygges.

FYgges eaten, do shortly passe out of the stomacke, and are sone distributed into all the partes of the body, and haue the power to clense, specially grauell, beinge in the raynes of the backe, but they make noo substancyall nourishment, but rather somwhat louse and windy, but by theyr quycke passage, the wynde is soone dissolued. Therfore if they be rype, they do lesse Actius.1.

harme of any fruites, or almoste none. Dry fygges and olde, are more hotte and moyste than newe gathered, but being moch eaten they make yll bloudde and iuyce, and as some doo suppose, do ingender lyce, and also anoyeth the lyuer and the splene, if they be inflamed, but haupnge the power to attenuate or make humours currante, they make the bodye soluble, and doo clense the kaygnes. Also being eaten afore dyner with gynger or pepper, or powder of tyme, or penyroyal, they profyte moche to them, whyche haue oppylations or hard congeled matter in the inner partes of the body, or haue distyllations or reumes fallynge into the breste and stomake. Newe fygges are hotte and moyst, olde fygges are hotte in the fyrste degree, and drye in the seconde.

Of grapes and rayfons.

Galen. de aliment. 2.

Grapes do not nourysshe so moche as fygges, but being rype, they make not moche yll iuyce in the body: all be it newely gathered, they trouble the belly, and fylleth the stomacke with wynde, therefore yf they be hanged vp a whyle, ere they be eaten, they are the lasse noysfulle. Sweete grapes, are hottest, and doo lowse somewhat, and make a man thyrsty.

Dioſco. 5. Sowre grapes are colde, and do also lowse, but they are harde of digestyon, and yet they do not nourysshe. They which are in taste bytter or harsysshe, be lyke to theym that are sowre. Rayfons do make the stomake fyrme and stronge, and do prouoke appetite, and do comfort weake bodies, beynge eaten afore meales, they be hotte in the fyrste

fyrste degree, and moyste in the seconde.

¶Of Cheryes.

Cherryes if they be swete, they do sone slyp downe into the stomache, but yf they be sowre or sharpe, they be more hotsom, and do lowse, if they be eaten freshe, and newly gathered, they be colde and moyste in the fyrste degree.

¶Of Peaches.

Peaches do lasse harme, and do make better iuyce in the body, for they are not so soone corruptid being eaten. Of the iuyce of them may be made a syrope, very holsome agaynst the distemperaunce of choler, whercof procedethe a stynkyng breathe: They be colde in the fyrste degree, and moyste in the seconde.

¶Of Appuls.

All appulles eaten soone after that they be gathered, are cold, harde to digest, and do make yll and corrupted blondde, but being well kepte vntylle the nexte wynter, or the yere folowyng, eaten after meales, they ar right holsome, and doo confyrme the stomache, and make good dygestyon, specially yf they be rosted or baken, moste properly in a cholerike stomake, they ar best preserued in hony, so that one touche not an other. The rough tasted appulles ar holsome, where the stomake is weake by dystemperaunce of heate or moche moysture. The bytter

apples, where that grief is increaced. The soure appulles, where the matter is congeled or made thycke with heate. In dystemperature of heate and drythe by drynkynge moche wyne, they haue ben founde commodyouse: being eaten at night, goinge to bedde, without drynkyng to them, they be colde and moyste in the fyrste degree.

Of Quynces.

Quynces be colde and dry, eaten afore meale, they bynde and restrayne the stomake, that it maye not dygeste well the meate, except that they be rosted or sodden, the core taken out and myxte with hony clarified, or sugar, than they cause good appetite, & preserueth the head from drunkennes, taken after meate, it closeth and draweth the stomake to gether, and helpeth it to dygeste, and mollifyeth the belly, if it be abundantly taken, they be colde in the fyrste degree, and dry in the begynnynge of the seconde.

Of Pomegranates.

Pomegranates be of good iuyce, and profytable to the stomake, specially they, whiche are sweete, but in a hotte feuer, they that are sowre be more expedyent and holsome, for than the sweete do incende heate, and puffe vp the stomake.

Of

¶Of Peares.

Peares are moche of the nature of appules, but they are heuyer, but taken after meat, rosted or baken, they are not vnholsome, and doo restrayne and knyte the stomake, beynge rype: they be colde and moyste in the fyrst degree.

¶Medlars.

Medlars are colde and dyre, and constryct tyue or straynyng the stomake, and therfore they may be eaten after meales, as a medicyne, but not vsed as meate, for they ingender melancholye, they be colde and dyre in the seconde degree.

¶VValnuttes.

VValnuttes, if they be blaunched, are supposed to be good for the stomak, and somwhat lowsynge the belly, myxte with sugar, they do nourische temperately. Of two dyre nuttes, as many fygges, and. xx. leaues of Rewe, with a grayne of salt, is made a medicine wherof if one doo eate fastynge, nothynge whiche is venemous may that daye hurte hym, and it also preserueth against the pestylence, and this is the very right Mithridate, they be hotte and dyre in the seconde degree, after some opynions hotte in the thyrde degree, dry in the seconde.

Fylberdes and hasyll nuttes.

¶They ae more stronge in substance than walnuttes

nuttes, wherfore they are not so easyly or soone dygested. Also they do inflate the stomache, and cause head ache, but they ingender fatte. And yf they be roosted, they be good to restrayne rewmes. Also eaten with pepper, they are good agaynste tourmentes of the bealye, and the stoppynge of vryne. They be hotte and drye in the fyrste degree.

¶Of Almondes.

They do extenuate and clense without any byndynge, wherfore they purge the breste and lunges, specyally bytter almondes. Also they doo mollifye the bealy, prouoke slepe, and causeth to pysse well, fiue or syxe of them eaten afore meate, kepe a man from being dronke, they be hot and moyst in the fyrst degree.

¶Of Chesteyns.

¶They beynge rosted vnder the ymbers, or hot asshes, doo nourysshe the body strongely, and eaten with honye fastynge, doo helpe a man of the cowghe.

¶Prunes

Of the gardeyne and rype, doo dyspose a man to the stoole, but they do brynge noo maner of nourysshement. To this fruite lyke as to fygges this propertie remaynethe, that beynge dryed, they doo profyte. The Damaske prune rather byndeth thanne lowseth, and

is

is more commodious vnto the stomake: they be colde and moyste in the seconde degree.

¶ Olyues

Condite in salte lyknoure, taken at the begynnynge of a meale doth corroborate the stomake, styrreth appetite, and louseth the dealys beynge eaten with vyneger. They whiche be rype, are temperately hot, they whiche be grene, are colde and dyze.

¶ Of Capers.

They nourysshe nothynge after that they be salted, but yet they make the belye louse, and purgeth fleume, whiche is therin conteyned. Also styrreth appetyte to meate, and openeth the obstructions or stoppynge of the lyuer and splene, beynge eaten with oxymell, before any other meate: they be hotte and dyze in the seconde degree. Gal. de alimentis. 2.

¶ Orenges.

¶ The ryndes taken in a lyttell quantitie, doo comfort the stomache, where it dygesteth, specyally condyte with sugar, and taken fastynge in a small quantitie. The iuyce of orenges, haupnge a toste of breade put vnto it, with a lyttell powder of myntes, sugar, and a lyttell cynamonie, maketh a very good sawce to prouoke appetite. The iuyce eaten with sugar in a hotte feuer, is not to be dyscommended. The rynde is hotte in the fyrste degree, and dyze in the second, the iuyce of them is colde in the seconde degree, and dyz in the fyrste.

Herbes

THE SECONDE

¶ Herbes vsed in potage, or to eate. Cap. 8.

GEnerally al herbes rawe, and not sodden, do ingender colde and watry iuyce, if they be eaten customably, or in abundance: all be it some herbes are more comestyble, and doo lasse harme vnto nature, and moderately vsed, maketh metely good bloudde.

¶ Lettyse.

AMōg al herbes, none hath so good iuyce as lettyse: for some men do suppose, that it maketh abundance of bloude, all be it not very pure or perfit. It doth set a hot appetite, and eaten in the euenynge, it prouoketh slepe, albeit, it neyther doth lowse nor bynde the belly of his owne propertie. It increaseth mylke in a womans breastes, but it abateth carnall appetite, and moche vsynge therof, hurteth the eye syght. It is colde and moyste temperately.

¶ Colewortes and Cabages.

BEfore that auarice caused marchantes to fetche out of the easte and south partes of the worlde, the traffyke of spice and sundry droughtes, to contente the vnsatyablenesse of wanton appetytes. Colewortes for the vertues supposed to be in them, were of such estimation, that they were iudged to be a sufficyent medycyne agaynste all iudges, as it maye appeere in the booke of wyse Cato, wherin he wryteth of hus-

husbandrye. But nowe I wyll no more remember, than shall be requyred, in that whyche shall be vsed as meate, and not pure medycyne. The iuyce thereof hath vertue to pourge: The holle leaues beinge halfe sodden, and the water powred out, and they beinge put eftsoones into hotte water, and sodden vntyll they be tender, soo eaten they do bynde the belly. Some doo suppose, yf they be eaten rawe with vineger before meat, it shall preserue the stomache from surfettynge, and the head from drunkennesse: all be it moche vsynge of them dulleth the syght, except the eies be very moyste. Fynally the iuyce that it maketh in the body, is not so commendable, as that whyche is ingendred of lettyse. It is hotte in the fyrst degree, and drye in the seconde.

Of Cykory or succory.

IT is lyke in operation to lettyse, and temperyth choler wonderfully, and therfore in al colerike feuers, the decoction of this herbe or the water therof styled, is ryght expedyente. Semblably the herbe and rote boyled with flesshe, that is freshe, beinge eaten, kepeth the stomache and heade in very good temper. I suppose that Sow thystel and Dentdelyon, be of lyke qualities, but not so conuenient to be vsed of them, whyche are holle, bycause they ar wylde of nature and more bytter, and therfore causeth fastidyousenesse or lothsomnesse of the stomake. It is cold and drye in the seconde degree.

Ens

¶ Endyue and Scaryole

Be moche lyke in theyr operation to Lyche, but they are more conuenyent to medicyne than to meate. All be it Scaryole called wyhyte Endyue, haupnge the toppes of the leaues tourned in, and layde in the Erthe, at the latter ende of Sommer, and couered, becommeth whyte and crispe, lyke to the great stalkes of cabage lettyse, whiche are in wynter taken vp and eaten. And to them that haue hote stomakes and dyye, they be ryght holsome, but beyng to moche vsed, or in very great quantite, they ingender the humoure, whych maketh the cholyke, they be cold and moyste in the fyrste degree.

¶ Malowes

Are not colde in operation, but rather somewhat warme, and haue in theym a slyppernesse: wherfore beyng boyled and moderately eaten with oyle and vyneger, they make metely good concoction in the stomacke, and causeth the superfluous matter therin easyly to passe, and clenseth the bealye. It is hotte and Moyste in the fyrste degree.

Gal. 2. de alimentis.

¶ Whyte beetes

Are also absterstue and lowseth the bealy, but moche eaten, annoyeth the stomake, but they are ryght good agaynste obstructions or stoppynge of the lyuer, yf they be eaten with vyneger or mustarde, lykewyse it helpeth the splene. It is colde in the fyrste degree, and moyste in the seconde.

Porslan,

¶ Pourslan

Dothe mytigate the great heate in all the inwarde partes of the body, semblably of the head and eies: also it repressleth the rage of Uenus, but if it be preserued in salte or bryne, it heateth and pourgeth the stomacke. It is colde in the.iii. degree, and moyste in the seconde.

¶ Cheruyle

Is very profytable vnto the stomacke, but it may not susteyne verye moche boylynge, eaten with vyneger, it prouoketh appetyte, and also vryne. The decoction therof drounke with wyne, clenseth the bladder.

¶ Sorell

Beyng sodden, it louseth the belly. In a time of pestylence, if one beynge fastynge, doo chewe some of the leaues, and sucke downe the iuyce, it meruayllously preserueth from infections, as a newe practiser called Guainerius dothe wryte. And I my selfe haue proued it in my householde. The sedes therof brayed and drounke with wine and water, is very holsome agaynste the colycke and frettynge of the guttes: it stoppeth: fluxes, and helpeth the stomake annoied with repletion. It is colde in the thyrde degree, and dryc in the seconde. Dioſco. lib. 2. c. 106.

¶ Persely

Is very conuenyente to the stomake, and comforteth appetyte, and maketh the breathe swete, the sedes and roote causeth vrine to passe well, and breaketh the stoone, dyssolueth wyndes, the rootes boyled in water, and therof orymel being

made, it dyssolueth fleume, and maketh good digestion. It is hotte and dry in the thyrde degree.

¶ Fenell

¶ Weynge eaten the seede or rote maketh abundante of mylke, lykewyse drunke with pysane or ale. The sede somwhat restrayneth fluxe, prouoketh to pysse, and mytigateth fretynges of the stomache and guttes, specially the decoction of the roote, yf the matter, caulynge frettynge, be colde, but if it be of a hotte cause, the vse therof is daungerouse, for inflamation or exulceration of the raynes or bladder. It is hotte in the third degree, and dry in the fyrste.

Galen. simpli. de medicament. li. 3. ca. 74.

¶ Anyse sede

Maketh swete breathe, prouoketh vryne, and dryueth downe thynges, cleauyng to the raynes, or bladder, stryreth vp courage, and causeth abundaunce of mylke. It is hotte and dry in the thyrde degree.

¶ Beanes.

¶ They make wynde, howe so euer they be ordered: the substaunce, whyche they do make, is spungye, and not fyrme, all be it they be abstersyue, or clensynge the bodye, they tarye longe, or they be digested, and make grosse iuyce in the bodye, but yf onyons be sodden with them, they be lasse noyfull.

¶ Peasyn

Are moche of the nature of beanes, but they be lasse wyndy, and passeth faster out of the body, they be also abstersyue, or clensyng, specially e white peason, and they also cause meterly good nou-

nourysshynge, the huskes taken awaye. And the broothe wherin they be sodden, clenseth ryght wel the raynes and bladder.

¶ Rape rootes and Nauewes. Ca. 9.

The iuyce made by them is very grosse, and therfore beyng moche eaten, if they be not perfytely concocte in the stomake, they do make crude or rawe iuyce in the vaynes. Also if they be not well boyled, they cause wyndes, and annoy the stomake, and make sometyme krettinges: If they be wel boyled fyrst in cleane water, and that beinge caste awaye, the seconde tyme with fatte flesshe, they nourysshe moche, and do neyther lowse nor bynde the bealye. But Nauewes doo not nourysshe so moche as rapes, but they be euen as wyndy.

¶ Turnepes

Beynge welle boyled in water, and after with fatte flesshe, nourysheth moche, augmenteth the sede of man, prouoketh carnall lust. Eaten rawe they styre vp appetite to eate, being temperately vsed, and be conuenyent vnto them, which haue putrifyed matter in theyr brestes or lunges, causynge theym to spytte easily, but beynge moche and often eaten, they make rawe iuyce and wyndynesse.

¶ Parsnepes and carettes

They do nourysshe with better iuyce than the other rootes, specially carettes, whiche are hote and dry, and expelleth wynd. Not withstanding moche vsed they ingender yll iuyce, but carettes

Gal. simpl. medi. li. 7.

laſſe than parſnepes, the one and the other, expelleth vrine.

¶ Radiſſhe rootes

Paulus Aegineta. Dioſcor.

haue the vertue to extenuate or make thynne, and alſoo to warme. Alſo they cauſe to breake wynde, and to pyſſe: beinge eaten afore meales, they let the meate, that it may not diſcende, but beinge eaten laſte, they make good digeſtion, and louſeth the bealy, thoughe Galenus wryte contrary. For I, amonge dyuerſe other, by experyence haue proued it: Not withſtandyng they be vnholſome for theym, that haue contynually the goute, or peyne in the ioyntes.

Li. 7. de alimentis.

Garlyke.

¶ It dothe extenuate and cutte groſſe humours and ſlymy, diſſolueth groſſe wyndes, and heateth all the body, alſo openeth the places, whiche are ſtopped, generally where it is welle digeſted in the ſtomake: it is holſom to diuers purpoſes, ſpecially in the bodye, wherein is groſſe matter, or moche colde incloſed, if it be ſodden vntylle it loſeth his tarteneſſe, it ſomewhat nourylſhethe, and yet looſeth not his propertie, to extenuate groſſe humours. beinge ſodden in mylke, it proffyteth moche agaynſt diſtillations from the head into the ſtomake.

Onyons.

Do alſo extenuate, but the longe onyons more than the rounde, the redde more than the white, the dyre more than they whyche be greene: alſoo rawe more thanne ſodden, they ſtyre appetite to meate, and put away lotheſomneſſe, and lowſe the bealy, they quycke.n ſyght, and beinge eaten in great abundance with meate, they cauſe one

to

to sleape soundely.

Leekes

We of yll iuyce, and do make troublous dreames, but they do extenuate and clense the bodye, and also make it soluble, and prouoketh vryne. Moreouer it causeth one to spytte out easyly the fleume, whiche is in the breast. Galen. 7. cap. 138.

¶ Sauge.

It heateth, and somewhat byndeth, and therwith prouoketh vryne, the decoction of the leaues and braunches beinge drunke. Also it stoppeth bleedynge of woundes, beinge layde vnto them. Moreouer it hath benne proued, that women, whiche haue bene longe tyme without childerne, and haue drunke. x. ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre before, that they haue companyed with theyr husbandis, haue conceiued at that tyme. It is hotte and drye in the thyrde degree, the vsyng therof is good agaynst palseys.

Isope

Dothe heate and extenuate, whereby it dygesteth slymye fleume. beynge prepared with fygges, it pourgeth fleume downeward, with hony and water vpward, boyled in vineger, it helpeth the tothcake, yf the tethe be washed therewith, it is hotte and drye in the thyrde degree.

Bourage.

Comforteth the harte, and maketh one mery, eaten rawe before meales, or layde in wyne that is drounke, Also mollyfieth the bealye, and preparyth to the stoole. It is hotte and moyst in the myddell of the fyrste degree.

lasse than parsneps, the one and the other, expelleth vrine.

¶ Radisshe rootes

Paulus Aegineta. Dioscor.

haue the vertue to extenuate or make thynne, and also to warme. Also they cause to breake wynde, and to pysse: beinge eaten afore meales, they let the meate, that it may not discende, but beinge eaten laste, they make good digestion, and louseth the bealy. thoughe Galenus wryte contrary. For I, amonge dyuerse other, by experyence haue proued it: Not withstandyng they be vnholsome for theym, that haue contynually the goute, or peyne in the ioyntes.

Li. 7. de alimentis.

Garlyke.

¶ It dothe extenuate and cutte grosse humours and clymy, dyssolueth grosse wyndes, and heateth all the body, also openeth the places, whiche are stopped, generally where it is welle digested in the stomake: it is holsom to diuers purposes, specially in the bodye, wherein is grosse matter, or moche colde inclosed, if it be sodden vntylle it loseth his tartenesse, it somewhat nourysshethe, and yet looseth not his propertie, to extenuate grosse humours. beinge sodden in mylke, it prosyteth moche agaynst distillations from the head into the stomake.

Onyons.

Do also extenuate, but the longe onyons more than the rounde, the redde more than the white, the dyye more than they whyche be greene: also rawe more thanne sodden, they stryre appetite to meate, and put away lothesomnesse, and lowse the bealy, they quycken syght, and beinge eaten in great abundance with meate, they cause one

to

to sleape soundely.

Leekes

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¶ Sauge.

It heateth, and somewhat byndeth, and therwith prouoketh vryne, the decoction of the leaues and braunches beinge dronke. Also it stoppeth bleedynge of woundes, beinge layde vnto them. Moreouer it hath benne proued, that women, whyche haue bene longe tyme without childerne, and haue dronke. x. ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre before, that they haue companyed with theyr husbandis, haue conceiued at that tyme. It is hotte and drye in the thyrde degree, the vsyng therof is good agaynst palseys.

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Bourage.

Comforteth the harte, and maketh one merye, eaten rawe before meales, or layde in wyne that is dronke, Also mollyfieth the bealye, and prepareth to the stoole. It is hotte and moyst in the myddell of the fyrste degree.

Sauery

Dourgeth fleume, helpeth dygestion, maketh quycke syght, prouoketh vryne, and styreth carnal appetite. It is hot and dry in the thyrde degre.

Rokat

Heateth moche, and increaseth sede of man, prouoketh courage, helpeth digestion, and somewhat louseth It is hotte and moyste in the seconde degree.

Tyme

Dyssolueth wyndes, breaketh the stone, expelleth vryne, and ceseth frettynges. It is hot and dry in the thyrde degree.

Penyryall

Doth extenuate, heate, and decocte, it refourmeth the stomake, oppressed with fleume, it doth recomforte the faynte spirite, it expelleth melancoly by syege, and is medycinable agaynst many dyseases, It is hotte and dry in the thyrde degree.

Townecresses,

Lib. 1. Paulus dyscommendeth, sayng, that it resysteth concoction, and hurteth the stomacke, and maketh yll iuyce in the body, taken as medicine, it helpeth many diseases. It is hotte and dry in the thyrde degree.

Rosemary

Hath the vertue to heate, and therfore it dissolueth humours congeled with colde: It helpeth agaynst paileys, fallyng sycknes, old dyseases of the breast, tourmentes of strettyng, it prouoketh vrine and sweat: it helpeth the cough taken with pepper and hony, it putteth away tothe ake, the roote bunge chewed, or the iuyce therof put into the

the toothe. beinge bourned, the fume therof reſiſteth the peſtilence: the rynde thereof ſodden or burned, and the fume receiued at the mouth, ſtoppeth the reume, which falleth out of the head into the cheſes or throte: whyche I my ſelfe haue proued. the grene leaues bruyſed, doo ſtoppe the hemoroides, if they be layde vnto theym: that herbe is hotte and dryc in the thyrde degree.

¶ Spyces growynge out of this realme vſed in meate and drynke. Cap. 10.

¶ Pepper.

BLacke pepper is hotteſt, and mooſte dryc, whyte pepper is next, long pepper is moſt temperate. The generall propertie of all hyndes of pepper is to heat the body, but as Galene ſaythe, it pereeth downewarde, and dothe not ſpreade into the vaynes, if it be groſſe beaten. It diſſolueth fleume and wynd, it helpeth digeſtion, expoulſeth vrine, and it helpeth agaynſt the diſeaſes of the breaſte, proceedyng of cold. It is hot in the fyrſt degree, and dry in the ſecond.

¶ Gynger

Heateth the ſtomacke, and helpeth digeſtyon, but it heateth not ſo ſoone as pepper: but afterwarde the heate remayneth longer, and cauſeth the mouthe to be mopſte: Beynge grene, or well confectioned in ſyrope, it comforteth moche the ſtomake and head, and quyckneth remembrance, if it be taken in the morowe faſtynge. It is hotte in the ſeconde degree, and dryc in the fyrſt.

¶ Saffron

Somwhat byndeth, heateth, and comforteth the stomake, and the harte specially, and maketh good digestion, being eaten or dronken in a small quantitie. It is hotte in the seconde degree, and drye in the fyrste.

¶ Cl ues

Hath vertue to comforte the synewes. also to consume and dyssolue superfluous humoures, They be hotte and drye in the thyrde degree, sodden with milk, it cõforteth the vbilitie of nature.

¶ Maces.

Dioscorides commendeth to be dronk against spyttynge of bloudde, and blouddy fluxes, and excessiue laxes. Paulus Aegineta addeth to it that it helpeth the colycke, They be hotte in the seconde degree, and drye in the thyrde degree. It is to the stomake very commodious, taken in a lyttell quantitie.

¶ Nutmygges

With theyr swete odour comforte and dissolue, and somtyme comforteth the power of the sight and also the brayne in colde discrasies, and is hot and drye in the seconde degree.

¶ Of Breade. Cap. ii.

BReade of fyne floure of wheate, haupynge no leauen, is slowe of dygestion, and maketh slymye humours, but it nourysheth moch, if it be leuened, it digesteth soner. Wreadde haupynge moche branne, fylleth the bealye with excrementes, and nourysheth lyttell or nothynge, but shortely descendeth from the stomacke, The

Galen. de aliment. 2.

meane

meane betwene bothe, sufficiently leuened, welle moulded, and moderatly baken, is the most holsom to euery age. The greattest loues do norische moste faste, forasmoche as the fyre hathe not exhausted the moysture of theym. Hotte breadde slowly passeth. Barley breade clenseth the body, and dothe not nourysche so moch as wheate, and maketh colde iuyce in the body.

¶Of Flesshe. Cap. 12.

Beefe of Englande to Englyshemen, whiche are in helthe, bryngeth stronge nourysshynge, but it maketh grosse bloudde, and ingendreth melancoly, but beinge of yonge oxen, not excedynge the aege of foure yeares, to them, whiche haue colerike stomakes, it is more conuenient, thanne chykens, and other lyke fyne meates.

¶Swynes flesshe.

Aboue all kyndes of flesche in nourysshyng the body, Galene most commendeth porke, not being of an olde swyne, and that it be well digested of hym that eateth it. For it maketh best iuyce, it is moste conuenient for yonge persones, and them whiche haue susteyned moche labour, and therewith are fatigate, and become weake. Yong pigges are not commended, before that they be one moneth olde, for they doo brede moche superfluous humours.

Lambe,

Is very moyste and fleumatike, wherfore it is not conueniente for aged men, excepte that it be verye dyre rosted, nor yet for them, whiche haue in theyr stomakes moche fleume.

¶ Mutton,

Galen. de aliment. 3.

Galene dothe not commende it, not withstandyng experience proueth here in this realme, that if it be yonge, it is a ryght temperate meate, and maketh good iuyce: and therfore it is vsed more than any other meate, in all dyseases. And yet it is not lyke good in all places, nor the shepe, whiche beareth fynest wolle, is not the swetest in eatynge, nor the moste tender. But I haue founde in some countreys mutton, whiche in whytenesse tenderuesse and swetenesse of the flesshe, mought be well nygh compared to kydde, and in dygestion haue proued as holsome.

Kydde and veale

Of Galene is commended nexte vnto porke, but some men do suppose, that in helthe and sycknes they be moche better thanne porke, the iuyce of them bothe beinge more pure. And here it is to be noted, that of all beastes, whiche be dry of theyr nature, the yongest be most holsom, of them that are moyste, the eldest are least hurtfull.

¶ Hare, Coney,

Hippo. de ratione victus lib. 2. cap. 19. Plin. 28.

Maketh grosse bloudde, it dryeth and stoppeth, but yet it prouoketh a man to pysse. Conye maketh better and more pure nourishement, and is sooner digested than Hare. It is wel proued, that there is noo meate more holsome, or that more cleane, fynely, and temperatly nourysheth than rabettes.

Dere redde and falowe.

Hippocrates affyrmeth the flesshe of hartes and hyndes, to be of yll iuyce, harde of dygestyon, and dry, but yet it moueth bryne. Of falowe dere, he nor any other olde wryter dothe speake of.

of, as I remember. I suppose, because there be not in all the worlde, so many as be in England, where they consume a good parte of the best pasture in the realme, and are in nothynge profytable, sauynge that of the shynnes of them is made better lether thanne is of calues, the huntynge of them beynge not so pleasaunt as the huntynge of other venery or vermyne, the flesshe moche more vnholsome and vnpleasant than of a redde dere, ingendrynge melancoly, and makyng many feare full dreames, and disposeth the body to a feuer, if it be moche eaten: not withstandyng the fat ther of (as some lerned men haue supposed) is better to be digested than the leane.

¶ Of byrdes.

THe flesshe of al byrdes is moch lyghter, thā the flesshe of beastes in comparyson, most specially of those foules which trust most to theyr wynges, and do brede in high countreys.

¶ Capons, hennes, and chyckens.

THe Capon is aboue all other foules prayssed, forasmoch as it is easyly digested, and maketh lytel ordure, & moch good nourysshment. It is cōmodious to the brest and stomake. Hennes in wynter are almost equall vnto the capon: but they do not make so strong norysshment. Auicen saith, if they be rosted in the beale of a kidde or lambe, they wyll be the better. Chickens in sommer, specially if they be cockrelles, are very conuenient for a weake stomake, and nourysheth a lyttell. The flesshe of a cocke is harde of digestion, but the broth, wherin it is boyled, louseth the bealy, & hauing sodden in it Colewortes,

Peryl

Polypodium, or Cartamus, it pourgeth yll humours, and is medicinable agaynst goutes, ioynt aches, and feuers, whiche come by courses.

Fesaunt

Exceedeth all fowles in sweeteneſſe, and holsomneſſe, and is equal to a capon in nouriſhyng, but he is somwhat dryer, and is of some menne put in comparyson, meane betwene a henne and partryche.

Partryche.

Of all fowles is moſte sooneſt digeſted: and hath in hym moche nutrymente, comforteth the brayne, and maketh sede of generation, and reuiueth luſte, whiche is abated.

Quayles

Although they be of some men commended, yet experience proueth them to increace melancolye, and are of a small nouryshynge.

Larkes

Be as well the fleſhe as the brothe very holsome: eaten roſted, they do moche helpe agaynſte the colyke, as Dioſcorides sayth.

A Plouer

Is slowe of dygeſtyon, nourysheth lyttell, increaseth melancoly.

Blacke byrdes or ouſyls

Amonge wylde foule hath the chiefe prayſe, for lyghtnes of digeſtion, and that they make good nouryshement, and lyttell ordure.

Sparowes

Be harde to digeſte, and are very hotte, and stireth vp Venus, and ſpecially the brains of them.

Woods

¶ Woodcockes

Are of a good temperaunce, and metely lyghte in digestion.

¶ Pygeons.

Be easyly dygested, and are verye holsome to them, whiche are fleumatike, or pure melancoly.

Goose

¶ Is harder of digestyon, but beynge yonge and fatte, the wynges be easy to dygest in a hole stomake, and nourysheth competently.

Ducke,

Is hotter than goose, and harde to digest, and maketh warse iuyce, sauyng the brawnes on the breaste boone, and the necke is better thanne the remnaunt.

Crane and Bustarde.

Crane is harde of dygestion, and maketh ylle iuyce, but beinge hanged vp longe in the ayre, he is the lasse vnholsome. Bustarde beinge fat, and kepte without meate a daye or two afore that he be hylled, to expoulse his ordure, and than drawen, and hanged as the Crane is, beinge rosted or baken, is a good meate, and nourysheth well, if he be well dygested.

Hearon, Byttour, Shouelar.

Beynge yonge and fatte, be lyghtlyer digested than crane, and the byttour sooner than the hearon, And the shouelar sooner than any of them, but all theese fowles muste be eaten with moche Synger or Pepper, and haue good olde wyne drunke after them, and soo shall they be more easyly digested, and the iuyce commynge of theym be the lasse noyfull.

The

THE SECONDE

¶ The partes and members of byrdes and beastes. Cap. 13.

The wynges, brawnes, and necke of geese, capons, hennes, fesaunt, partryche, and small byrdes, beinge fatte, are better than the legges in dygestyon, and lyghter in nourysshynge. Of wyldfowle and pygeons beinge fatte, the legges are better then the wynges, the brawnes of ducke, teale, and wygeon excepte, whiche is better to dygest than the resydue.

¶ The gysar or stomake

Of a goose or hennes, beynge fatte with braune and mylke, beinge well sodden or made in pouldre, is good for the stomake, in makyng it strong to digeste, and nourisheth temperately.

The lyuer

Of a capon, henne, fesaunt, or goose, beynge made fatte with mylke myxte with theyr meate, is not onely easy to digest, but also maketh good iuyce, and nourisheth excellently. But the lyuers of beastes be yll to dygeste, passeth slowely, and maketh grosse bloud, but it is strong in nouryshyng

The inwarde of beastes, as trypes, and chytterlynges.

The flesshe of theym is more harde to dygeste, And therfore although they be well dygested, yet make they not iuyce naturally sanguine or clene, but rawe iuyce and colde, and requyreth a longe tyme, to be conuerted into bloudde.

¶ The lunges or lyghtes

Are more easye to digeste than the lyuer, and lasse nourisheth, but the nourysshement, that it maketh, is fleumatyke: All be it the lunges of a

Foxe

Fore, is medicynable for them, whiche haue syk-nesse of the lunges.

¶ The splene or mylt

Is of yl iuyce, for it is the chamber of melancoly.

The hart

Is of harde flesshe, and therfore is not soone dygested, nor passeth shortelye, but where he is well dygested, the iuyce that it maketh, is not to be dyspyayled.

The brayne

Is fleumatyke, of grosse iuyce, slow in digestynge, noyoule to the stomache, but where it is well dygested, it nourysheth moche.

Marowe

Is more delectable than the brayne, it is yll for the stomake, but where it is well dygested, it nourysheth moche.

The stones and vdders

Being well digested, do nourysshe moche, but the stones are hotter with theyr moysteneſſe, the vdders colde and fleumatyke, they bothe do increase sede of generation: but the blouddе made of the vdder is better than that, which commeth of the stones, excepte it be of calues and lambes. Also the stones of cockes, maketh commendable nourishment.

The heade.

¶ The flesshe therof nourisheth moche, and augmenteth sede, but it is slowe of dygestion, and noyeth the stomake, but to them, which vse moche exercyse, it is not commendable.

¶ The tongue

Is of a spoungy and sanguyne substaunce, but the

the kernelles and gryſtell, whyche are in the rootes, yf they be welle dygeſted, they make good nouryſhement, yf they be not well digeſted, they make fleume.

¶ The feete.

Beynge well boyled and tender, in a holle ſtomacke, dygeſteth well, and maketh good iuyce, and paſſeth foꝛthe eaſyly. Galene commendeth the feete of ſwyne. But I haue pꝛoued, that the feete of a yonge bullocke, tenderly ſodden, and layde in ſowſe two dayes oꝛ thꝛe, and eaten colde in the euenynge, haue bꝛought a cholerycke ſtomake into a good digeſtion and ſleape, and therwith hath alſo expulſed ſalte fleume and choler, and this haue I founde in my ſelf by often experience, alway foꝛeſene, that it be eaten befoꝛe any other meate, without dꝛynkynge immediately after it.

¶ Of fyſſhe generally. Cap. 14.

The beſte fyſſhe after the opinyon of Galen is that, whyche ſwymmeth in a pure ſea, and is toſſed and lyfte vp with wyndes & ſourges. The moꝛe cauſme that the water is, the warſe is the fyſſhe. They whyche are in muddy waters, doo make moche flewme and oꝛdure taken in fennes and dyches be warſte, beynge in freſſhe ryuers and ſwyfte, be ſometyme commendable: All be it generally, all kyndes of fyſſhe maketh moꝛe thynner blouddc, than fleſſhe, ſoo that it dothe moche nouryſſhe, and it doothe ſooner paſſe oue by vapours: to a hotte choleryke ſtomacke, oꝛ in feuers, ſometyme they be holſome,

being

beynge newe, freshe, and not very harde in substance or slymy, harde fysshe is hard of digestion, but the nourysshement therof is more fyrme, than that, whyche is softe: those whiche haue moche grosse humours in them, are best powdred.

¶ Of Butter. Cap. 15.

Butter is also nourysshynge, and profyteth to them, whiche haue humours superfluous, in the brest or lounge, and lacketh rypyng and clensynge of them, specially if it be eaten with sugar or honye. If it be well salted, it heateth and clensseth the more.

¶ Of Cheese Cap. 16.

Cheese by the hole sentence of all auncyents wryters, letteth dygestion, and is enemye vnto the stomake. Also it engendreth vile humours, and bredeth the stone. The chese whiche dothe leaste harme, is softe chese, reasonably salted, whyche some men do suppose, nourysheth moche.

Of Egges. Cap. 17.

Egges of fesantes, hennes, and partryches, be of all other meates moste agreable vnto nature, specially yf they be newe layde: yf they be reere, they doo clense the throte and the breaste. If they be harde, they be slowe in digestion: but beynge ones digested, they do nourysshe muche. Meane betwene rere and harde, they dygeste conuenyently, and nourysshe quyckely. Egges well poched, ar better than rosted. If they be fryed harde, they be of yl nourysshement and doo make stynkynge fumes in the stomake, & doo corrupt other meates with whom they be myngled. They be mooste holsome, whan they be poched.

and moſt vnholſome, whan they be fryed. Dioſcorides ſayth, If they be ſouped warme, before any other meate, they do heale the griefes of the bladder, and raynes, made with grauelle: Alſo forenelle of the chekes and throte, and ſpyttynge of bloudde: and they be good agaynſt cattarres, or ſtyllynge out of the head, into the ſtomake.

¶ Of Drynkes, and fyrſt of water. Cap. 18.

VNdoubtedly water hath preemynence aboue all other lycours, not onely bycauſe it is an element, that is to ſay, a pure matter, whereof all other lycours haue theyr originall ſubſtance, but alſo foraſmoche, as it was the very naturall and fyrſte drynke, to all maner of creatures. Wherfore the ſayeng of Pindarus the poete was euer well allowed, whiche ſayth, water is beſte. And one thynge is to be well conſydered, that from the creation of the worlde, vntylle the vnyuerſalle deluge or floudde, durynge whiche tyme, men lyued eyghte or nyne hundred yeres, there was none other drynke vſed nor knowen, but water. Alſo the true folowers of Pythagoras doctrine, dranke onely water, and yet lyued longe, as Appolonius, and other, and in the ſerchynge out of ſecrete and myſtycall thynges, their wyttes excelled. Moreouer, we haue ſene men and women of great age, and ſtronge of bodye, whiche neuer, or very ſeldome, dranke other drynke, than pure water: As by example, in Cornewall, althoughe that the countray be in a very colde quarter, whyche proueth, that yt nienne frome theyr infancye, were accuſtomed to

none other drynke but to water onely moderately vsed, it shoulde be sufficient to kepe naturall moysture, and to cause the meate that is eaten to perce and descende vnto the places of dygestion whiche are the purposes that drynke serueth for. But now to the qualities of water, after the sentence of auncient phylosophers and phisytions. The rayne water, after the opynion of the most men, yf it be receyued pure and cleane, is moost subtylle and penetrateue, of any other waters: The nexte is that, whiche issueth out of a spryng in the easte, and passeth swyftely, amonge great stones or rockes: The thyrde is of a cleane ryuer, whiche renneth on great harde stones or pebles. There be dyuers meanes to trye out, which is the beste water, for that whyche is lyghtest in poise or weight is best. Also that, wherof cometh lest chym or froth, whan it both boyle. Also that whych wyll soonest be hote. Moreouer deape lynnen clothes into sundry waters, & after lay them to dry, and that which is sooneste drye, the water wherin it was deped is most subtil. After a great surfette, specially taken with superfluous eating of banketting meates, colde water drunken is a generall remedy. Hippocrates affirmeth, that in sharpe & feruent diseases, none other remedye is to be required than water. And Galene wyl not, that children shuld be let from drynking of water but that whan they fele them selues verye hotte, after meales, and doo desyre to drynke water, specially of a cleane fountayne, they shuld be suffred. Also Hippocrates sayethe, In suche sycknes where as thou feareste, lest the head shuld be vehementlye greued, or the myndе perished, there must

De ratione ulctus in mor. acutis lib. 3.

thou gyue eyther water, or whyte wyne alayde with moche water. Not withstandynge there be in water cauſes of dyuers dyſeaſes, as of ſwellynge of the ſplene, and the lyuer, it alſo flytteth and ſwymmeth, and it is longe or it perceth, in as moche as it is colde and ſlowe in decoction, it loſeth not the bealye, not prouoketh vrine. Alſo in this it is vicyous, that of his propre nature, it maketh none ordure. Finally, alway reſpect muſt be hadde to the perſone, that dryncketh it, for to yonge men, and theym that be hotte of complexion, it dothe laſſe harme, and ſometyme it profyteth: But to theym that are feble, olde, fleumatyke, or melancoly, is not conuenient.

Of wyne. Cap. xix.

PLato, the wyſeſt of all philoſophers, dothe affyrme, that wyne moderately dronke, noryſheth and comforteth, as wel al the body, as the ſpyrytes of manne. And therfore god dyd ordeyne it for mankynde, as a remedye agaynſte the incommodities of aege, that thereby they ſhould ſeme to retourne vnto youth, and forgette heuyneſſe. Undoubtedly wyne heateth and moyſteth the bodye, whyche qualyties chiefely conſerueth nature. And Galene of all wynes, commendeth that, which is yelowe and clere, ſayng: That it is the hotteſt, and whyte wine leſt hotte. And the colour meane betwene bothe, of ſemblable temperature. The yelowe wyne, whyche is the propre colour of verye hotte wynes, to olde men doth bryng theſe commodities. Fyrſt it heateth all theyr membres, alſo it purgeth by vryne

the

the watry substaunce of the bloudde. Moreouer the wynes, whiche be pale or yelowe, and full of substance, they do increase bloudde, & nourysshe the bodye, but for the more parte olde men haue nede of suche wynes, whiche do prouoke vryne: for as moche as in them do abounde watrye excrementes, or superfluities, and they whiche doo tary longe in the bealy, be not apte for aged men. Blacke or depe redde wynes and thicke, do bind and congele that whiche they do fynde in the bodye, and although some of them do not longe abyde in the bealye, yet they moue not vryne, but rather withdraweth: but yet they doo harme to olde men, for as moche as they do stoppe the cũdites of the splene, the lyuer, and the raynes. Also grosse wynes be beste for them, whiche desyre to be fatte, but it maketh oppilations, olde wyne and clere is better for theym that be fleumatike, Galene also prohybiteth chylderne to drynke any wyne, for as moch as they be of an hot and moist temperature, and soo is wyne: and therefore it heateth and moysteth to moch their bodyes, and fylleth theyr heades with vapours. Moreouer, he wolde, that ponge men shoulde drynke lyttell wyne, for it shall make theym prone to fury, and to lechery: and that parte of the soule, whyche is called rationable, it shall make troublous and dulle: not withstandynge, yet it is sommetyme profytable to mitigate or expell ordure, made of coler or melancolye. Also it profytteth agaynste dyrthe, whyche happeth in the substaunce of the bodye, eyther by to moche labour, or by the prope temperature of age: for wyne moysteth and nourysheth that, whiche is to drye, also mytigateth

Lib. i. de tuenda sanitate.

teth and dissolueth the sharpenes of choler, and purgeth it also by vrine and sweate. Finally (as Theognes sayth (Moche drynkynge of wyne is yll, but moderate drynkyng of wyne is not onely not ylle, but also commodious and profytable, whiche sentence is confyrmed by Jesus Syrac, in the boke named Ecclesiasticus, sayeng, Wyne moderately dronke, reioyseth both the bodye and soule. Wherfore to cõclude this chapiter, Ecclꝰ.31. here is neyther meate nor drynke, in the vse whereof ought to be a more discrete moderation, than in wyne, consyderynge that being good and dronke in due tyme and measure, it not onely conserueth naturall and radicall moysture, wherby lyfe indureth, but also it helpeth the principal membres, whyche belonge to digestion, to doo theyr office: On the other part, beyng yll or corrupte or taken out of order and measure, it dothe contrary to al the premysses, besydes that it transformeth a man or woman, makyng theym beastly. More of the qualities of wyne, shall be touched hereafter in the order of dyet.

¶ Of Mylke. Cap. 20

MIlke is compacte of three substaunces, creame, whay, and cruddes. The mooste excellent mylke is of a woman. The milk of a cowe is thyckest, the mylke of a camelle is moste subtyll, the mylke of a goote is betweene cowe mylke, and camell mylke. Ewes mylke is betweene cowe mylke and asses mylke. Also the mylke of beastes, fedynge in large pastures, and oute of fennes and marshes, is better thanne of them

theym, whiche be fedde in lyttell closes, or in wa-
trye groundes. In spynge tyme mylke is mooste
subtyll, and mylke of yonge beastes, is holsomer,
than of olde. To chyldeene, olde menne, and to
theym, whyche be oppressed with melancolye, or
haue the flesshe consumed with a feuer ethike,
mylke is conuenient. And generally to all theym,
which do not kele the mylke ryse in theyr stoma-
kes after that they haue eaten it: and in those
persones, it dothe easyly pourge that, whyche is
in the bealy superfluous. And afterwarde it en-
treth into the vaynes, and bryngeth good nou-
ryshement. Who so euer hath an appetite to eate
or drynke mylke, to the entente that it shall not
aryse or abrayde in the stomake, lette hym put in
to a vessell, out of the whyche he wyll receyue it,
a fewe leaues of mynte, sugar, or pure honye.
And in to that vessell cause the best to be mulked,
and soo drynke it warme frome the vdder: or els
lette hym do as Paulus Egineta teacheth, that
is to say, boyle fyrst the mylke with an easy fier,
and sethe it after with a hotter fire, and skimme
it cleane, and with a spunge deaped in colde wa-
ter, take that cleane away, whiche wold be bur-
ned to the vessell, than put to the mylke salt and
sugar, and stere it often. Moreouer mylke taken
to pourge melancolye, wolde be drunke in the
mornyng abundantly newe mylked, as is before
wrytten. And he that drynketh, shulde absteyne
from meate, and exercise, vntyll the mylke be di-
gested, and haue somwhat pourged the bealy.
For with labour it becommeth sowre: and ther-
fore it requyreth reste and watche, or to walke
verye softely. Finallye, where men and women

Oribasius de confect. one ciborũ li. 3.

be vsed from their childhode, for the more parte, to mylke, and do eate none or lyttell other meate, but mylke and butter, they appere to be of good complexion and facyon of body, and not soo moche vexed with sycknesse, as they whych drynke wyne or ale, not withstandynge moche vse of mylke in menne sanguyne or cholerycke, dothe ingender the stone.

¶ Of ale, biere, cyder, and whay.

I Can nether here nor rede, that ale is made and vsed for a common drynke in any other countrey, than Englande, Scotlande, Irelande, and Poyle. The latyne worde Ceruisia, is indifferent as well to ale as to biere. If the corne be good, the water holsom and cleane, and the ale or biere well and perfytly brewed & clensed, and by the space of. vi. dayes or more, settled and defecate, it must nedes be a necessarye and conuenient drynke, as well in sycknesse as in helth: consyderyng that barley corne, whereof it is made, is cõmended, and vsed in medicine, in al partes of the worlde, & accompted to be of a singular efficacy in reducyng the body into good temper, specially which is in a distemperature of heate. For what auncient philitiõ is there, that in his workes cõmendeth not ptysane, whyche is none other than pure barley brayed in a morter, & sodden in water, the same thyng is smal and clene ale or biere, sauinge that perchaunce, the drienge of the malte is cause of more drith to be in the ale, than in ptisane. And the hoppes in biere maketh it colder in operation. But to saye as I thynke, I suppose

pose, that neyther ale nor biere is to be compared to wyne, consyderynge, that in theym doo lacke the heate and moysture, whyche is in wyne. For that beynge moderately vsed, is moste like to the natural heate & moisture of mans bodye. And also the licour of ale and biere, beyng more grosse, doo ingender more grosse vapours, and corrupte humours, than wyne doth, beynge dronke in like excesse of quantitie.

¶ As for Cyder, may not be good in any condicion, consyderyng (as I say) that all fruites doo ingender yll humours, & do coole to moche naturall heate: but to them, which haue abundance of red choler, moderatelye vsed, it somewhat profyteth in mytigation of excessyue heate. But who that wyll dilygentely marke in the countraryes, where cyder is vsed for a cõmon dronke, the men and women haue the colour of their vysage palled, and the skynne of theyr vysage ryueled, although that they be yonge.

¶ Whay, yf it be left of the butter, being wel ordred, and not dronke, vntil it haue a thick curd of milke ouer it, like to a hatte, is a right temperate drinke, forasmoch as by the vnctuositie of the butter, whereof the whay retayneth some portion, it is both moyst and norishyng, & clenseth the brest, and by the subtilnes of it selfe, it descendeth sone from the stomacke, and is shortely digested. Also by reason of the affinitie, whiche it hathe with milke, it is conuertible into bloud and flesshe, specially in those persones, whiche doo inhabite the northe partes, in whom natural heate is conglutinate, & therfore is of more puissaunce & vertue in the office of concoction. Also custome from chyld

hoode dothe eleuate the power of meates and dr̃ynkes in theyr dyspolytion, not withstandyng that the foure humours, sanguine, choler, fleume and melancolye, muste also be consydered, as it shall appere in dyuers places hereafter.

¶ Of Hony. Cap. 22.

HOnye as well in meate as in dr̃ynke, is of incomparable efficacy, for it not only clenseth, altereth, and nourysheth, but also it longe tyme preserueth that vncorrupted, whiche is put into it. In so moche as Plinye saithe, Suche is the nature of honye, that it suffred not the bodyes to putrifie. And he affirmeth, that he dyd see an Hippocentaure (whyche is a beaste halfe man, halfe horse) brought in honye to Claudius the emperour, oute of Egypte, to Rome. And he telleth also of one Pollio Romulus, who was aboue a hunderde yeres olde, of whome Augustus the emperour demaunded, by what meanes he lyued so longe, and retayned styll the vygoure or lyuelynesse of body and mynd, Pollio answered, that he dyd it inwarde with meade (whyche is dr̃ynke made with hony and water) outwarde with oyle. Whiche sayeng agreeth with the sentence of Democritus, the greatte phylosopher: who beynge demaunded, howe a man moughte lyue longe in helthe, he aunswered, If he wette hym within with hony, without with oyle. The same philosopher, whan he was a hundred yeres olde and nyne, prolonged his lyfe certayn dayes with the euaporation of honye, as Aristorenus writeth. Of this excellent matter, mooste wonderfully wrought and gathered by the lyttel bee,

Pli.li.22.

as

as well of the pure dewe of heuen, as of the moſt ſubtyll humour of ſwete and vertuous herbes & floures, be made likors cõmodious to mankynd, as meade, metheglyn, and oximel. Meade which is made with one parte of honye, and foure tymes ſo moche of pure water, and boyled vntylle no ſkymme do remayne, is moche commended of Galene, drunke in ſommer, for preſeruynge of heal the. The ſame author alwaye commendeth the vſynge of hony, eyther rawe eaten with fine breade ſomwhat leuened, or ſodden, and receyued as drinke. Alſo meade perfectlye made, clenſeth the breaſt and lunges, cauſeth a man to ſpyt eaſily, and to pyſſe abundantlye, and purgeth the healy moderately. Metheglyn, whiche is mooſte vſed in Wales, by reaſon of hotte herbes boyled with hony, is hotter than meade, and more comfforteth a colde ſtomake, yf it be perfectely made, and not newe or very ſtale. Oximell is, where to one parte of vyneger is put double ſo moche of hony, foure tymes as moche of water, and that beynge boyled vnto the thyrde parte, and cleane ſkymmed with a fether, is vſed to be take, where in the ſtomake is moch fleume or matter vndigeſted, ſoo that it be not redde choler. Loke the vſe therof in Alexãdro Trallíano. Many other good qualities of hony I omyt to write of, vntyl ſome other occaſion ſhall happen, to remember theym particularly, wher they ſhal ſeme to be profitable.

Li. 4. de tuenda ſanitate.

¶ Sugar. Cap. 23.

Of ſugar, I do fynde none ancient author of Grekes or latynes, to wryte by name but onely Paulus Aegineta, who ſaythe in

in this wyse, after that he hath treated of hony. Moreouer sugar, which they calle honye, that is brought to vs from Arabia, callid Felix, is not so swete as our hony, but is equalle in vertue, and doth not anoy the stomake, nor causeth thyrste. These be the wordes of Paulus. It is nowe in dayly experience, that sugar is a thynge verye temperate and nourysshynge, and where there is choler in the stomake, or that the stomake abhorreth hony, it may be vsed for hony in all thinges, wherin hony is requyred to be. With sugar and vyneger is made syrupe acetose.

Of tyme. Cap. 24.

wynter.

In the consyderation of tyme, for takyng of meates and drinkes, it is to be remembred, that in wynter meates oughte to be taken in great aboundaūce, and of a more grosse substance than in sommer, forasmoch as the exterior ayre, which compasseth the body being colde, causeth the heat to withdraw into the inner partes, where being inclosed, & gathered nigh togyther in the stomake and entrayles, it is of more force to boyle & digest that, which is receiued into it. Also meates rosted, are than better that sodden, and flesshe and fisshe powdred, is than better than in sommer. Herbes benot than cōmendable, specially raw, nether fruites, except quynces rosted or baked. Drink shuld be than taken in littel quantitie. Moreouer wynes shal nede no water, or very lytel, and that to colerykе persones: redde wynes, & they which be thicke and swete, may be than most surely taken of them, which haue none oppi-

oppilations, or the stone. Alway remember, that in wynter fleume increaseth by reasone of rayne and moystnesse of that season, also the lengthe of nyghtes and moche reste. And therefore in that tyme cholerike persons, ar best at ease, semblably are yong men, but to olde men winter is ennemy. It beginneth the. viii. day of Nouember, and endureth vntyll. viii. day of Febzuary.

Gal. in cõment. in aphor. 2. li. 3.

The spzynge tyme dothe participate the fyrste parte with wynter, the latter parte, with Sommer. Wherefore yf the fyrste parte be colde, than shall the dyete be accordynge to wynter. If the ende be hotte, than shall the dyete be of sommer. If bothe partes be temperate, than shulde there be also a temperaunce in dyete: alwaye consyderyng, that fleume yet remayneth, and bloud than increaseth. And meate wolde be lasse in quantitie than in wynter, and dzynke some what more.

Spzynge tyme

Hippocrates de natura humana

Spzynge tyme begynneth the. viii. daye of Febzuary, & continueth vnto the. viii. day of Maye.

In Sommer the inward heat is but lytel, & the stomake doth not digest so strongly nor quyckly, as in wynter, wherefore in that season, eatynge often, and a lyttell at ones, is mooste conuenient. And Damascenus sayethe, that fastynge in sommer dzyeth the bodye, maketh the colour salowe, ingendzeth melancolye, and hurteth the syght, also boyled meate, bzeadde steped in whyte bzothe, with sodden lettyse, or cychozie, are than good to be vsed. also varietie in meates, but not at oone meale potages made with colde herbes, dzynke in more abundance, wyne alayde with water, to hotte complexions moche, to colde natures lasse. In this season bloudde increaseth, and towarde the

Cal. cõ. in aphor. 18. lib. 1.

Sommer.

Hippocrates de humoribus.

Gal. in cõment. in aphor.

the ende therof, choler. And therfore they, which be colde of nature and moyste, are than beste at ease, hotte natures and dry warste Moreouer, chyldren, and very yonge men in the begynnyng of sommer, are holest, old folke in the latter ende and in haruest, sommer begynneth the. viii. day of May, & cõtinueth vntyll the, viii. day of August. Autumne beginneth the viii. day of August, and endeth the. viii. day of Nouember, that season of the yere is variable, & the aire changeable, by occasion wherof, happen sondry sikenesses, & blod decreseth, & melancoly abundeth: wherfore all sommer frutes wold thã be eschewed, for almoch as they make yll iuyce and wyndes in the body. In this tyme meate wolde be more abundant than in sommer, but somwhat dryer: drynk must be lesse in quantitie, but lasse myxte with water. This tyme is daungerous to all ages, all natures, and all countrays, but the natures hotte and moyste, be leste indamaged.

¶ Diete concernyng sondry tymes of the yere wrytten by the olde philition Diocles to kyng Antigonus.

FRom the. xii. day of December, at the whiche tyme the day is at the shortest, vntyl the nynthe day of Marche, which doo conteyne lxxxx. dayes, reumes and moystures do increase, than meates and drynkes naturally very hotte, wolde be moderately vsed. Also to drynke abundantly wyne without alaye or with lytell water and to vse lyberally the company of a woman, is not vnholsome to the body.

¶ From the nynthe daye of Marche, at whiche tyme

tyme is Equinoctiū vernum, vnto the .xxv. daye of Apryll, swete fleume and blouddo do increase therfore vse thou thynges hauynge moche iuyce and sharpe, exercyse the bodye dylygentely, than may ye vse safely the company of a woman.

¶ From the .xx. daye of Apryl, to the .xiiii. daye of June, Choler increaseth, than vse all thynges that are swete, and to make the bealy soluble, for beare carnall company with women.

¶ From the .xiiii. daye of June, at whiche tyme the day is at the lengest, vnto the .xii. day of September, dothe melancoly reigne, forbeare carnal company, or vse it moderately.

¶ Frome the .xii. daye of September, vnto the xvii, day of October, doo abounde fleume and thynne humours, than wolde all fluxes and dystillations be prohibited, than all sharpe meates and drynkes and of good iuyce, are to be vsed, and carnall occupation shulde than be eschewed.

¶ From the .xvii. daye of October, to the .xii. day of December, increaseth grosse fleume, vse therfore all bytter meates, swete wynes, fatte meate, and moche exercyse.

Of Ages. Cap. 25.

Chyldren.

CHyldren wolde be nourished with meates and drynkes, which are moderately hotte and moiste, not withstandynge Galene dothe prohibite theym vse of wyne, bycause it moysteth and heateth to moche the bodye, and fylleth the heades of theym, which are hotte and moyste, with vapours. Also he permytteth them in hotte wether to drynke clere water of the fountayne.

Gal. de tuẽ san. li. 1.

A chylde

Oribasius de uirtute simp. li. i.

¶ A chylde growynge faste in his membres towarde a manne, soo that he semeth well fedde in the bodye, is than to be feared of fulnesse of humours, and yf it be perceyued, that he is replete, than muste be wythdrawen and mynysshed some parte of that nutrymente, and accordynge vnto his age, some euacuation wolde be deuised, other while by exercyse, walkynge vp and downe fastynge, and before that they eate any meate, lette them exercise them selfes with their own labors, and do theyr own accustomed busynes, and eate the meates wherunto they be moste vsed, so that it be suche, that maye not hurte theym. And this nede they not to knowe of physitions, but by experience and dilygent serche by theyr stoole, their norices shall perceyue what dygesteth welle, and what dothe not.

¶ But yf it appere, that by excessyue feedynge the bealy of the chylde is fuller and greatter than it was wont to be, and that which passeth by the bealy, is corrupted, or his sweate stynketh, these thynges knowen, yf they eate stronge meates, gyue thē not one kynd of meate, but diuers, that the noueltie of the meate maye helpe, that they maye goo more easyly to the stoole. For yf anye haue an vnreasonable appetite, he is soner recouered, yf he be pourged by a boyle or impostume comen forth and broken, before that the meate be corrupted, & after that let hym eate fyne meates, and beynge ones hole, retourne by lyttell and lyttell to his olde custome.

Yong men.

¶ Yonge men, excedynge the age of. xiiii. yeres, shall eate meates more grosse of substance, colder and moyster, also salades of colde herbes, and

to

to drynke seldome wyne, except it be alayde with water. All be it all these thynges muste be tempered, accordyng to theyr complexions, & exercyse and quietnes in lyuynge, wherof ye shall reede in theyr proper places hereafter.

¶ Olde men, in whom natural heate & strengthe semeth to decay, shulde vse alway meates, which are of qualitie hotte and moyste, and therwithall easy to be digested, and absteyne vtterly from all meates & drinkes, whyche wyll ingender thycke iuyce and clymy, semblably frome wyne, whyche is thicke, swete, and darke redde wynes, and rather vse theym, whyche wyll make thyn humors, and wyll purge well the bloudde by vryne, therfore whyte or yelowe wynes, and perchaunce frenche clarette wynes, are for theym very commendable. Also wyne prepared with pure honye clarified, wherein rootes of perselp or fenelle be steped, specially yf they suspecte any thynge of the stoone or goute. And yf they more desyre to clense theyr raynes and bladder: than is it good to vse small white wine as racked renysche wine, or other lyke to it. And sommetyme to stepe ouer nyght therin a perselp roote slyt, and somewhat bruysed, and a lyttell lykorice. Fynally, let theym beware of all meates, that wyll stoppe the pores, and make obstructions or oppilations, that is to saye, with clammye matter stoppe the places, where the naturall humours are wrought and digested, the whyche meates I haue before sette in a table. But yf it chaunce theym, to eate any suche meate in abundance, lette theym take shortely suche thynges, as do resyste opilations, or resolue theym. As whyte pepper, bruised and

Olde men.

Paul⁹ Egineta lib. 1. cap. 23.

Oppilatiõs what they are.

myxte with theyr meates or drynke: garlyke also or onyons, yf they abhorre theym not. Alway remembre, that aged men shuld eate often, and but lyttell at euery tyme, for it farreth by theym, as it dothe by a lampe, the lyght wherof is almost extincte, whyche by pourynge in of oyle lyttell and lyttell, is longe kept bournynge: and with moche oyle poured in at ones, it is cleane put oute. Also they muste forbeare all thynges, whyche doo ingender melancolye, wherof ye shall reade in the table before, and breadde cleane withoute leuen, is to theym vnholsome.

¶ Moderation in dyete, hauyng respecte to the strength or weaknes of the person. Cap. 26.

NOwe here it muste be consydered, that all though I haue writen a generall dicte for euery age, yet nethelesse it must be remembred, that somme chylderne and yonge men, eyther by debylitie of nature, or by some accydentall cause, as sycknes, or moche study, happen to gather humours fleumatyke or melancoly in the places of digestion, so that cõcoction or digestion is as weake in them as in those, which are aged. Semblably some olde men fynde nature so benefycyall vnto theym, that theyr stomakes and lyuers are more stronge to dygeste, than the sayde yonge men, some perchaunce haue moche choler remaynynge in theym. In these cases the sayde yonge men muste vse the dyete of olde menne, or nygh vnto it, vntyll the discraly be remoued, hauynge alwaye respecte to theyr vnyuersall complexions

plexions, as they, whyche are naturallye cholerike to vse hotte thynges in a more temperance than they, whyche be flcumatycke, or melancolye by nature. The same obseruation shall be to olde menne, saynge that age, of his owne propertye is colde and dryc, therefore the olde man, that is cholerycke, shall haue more regarde to moysture in meates, than the ponge man beynge of the same complexion. Forsene alwaye, that where nature is offended or greued, she is cured by that, whiche is contrarye to that, whyche offendeth or greueth, as colde by heate, heate by colde, dryethe by moysture, moysture by dryethe: In that wherby nature shulde be nourysshed in a hole and temperate bodye, thynges muste be taken, whiche are lyke to the mans nature in qualitie and degre. As where one hathe his bodye in a good temper, thynges of the same temperance dothe nourysshe hym. But where he is oute of temper, in heate, colde, moysture, or dryth, temperate meates or drynkes, nothyng to profyte him, for beynge oute of the meane and perfyte temperature, nature requyreth to be therto reduced by contrarye, remembrynge not onely, that contraries are remedye vnto theyr contrarye, but also in euery contrary, consyderation be hadde of the proporcion in quantitie.

Hipocrat. aphor. Galen. in commen.

¶ Tymes in the day concernynge meales. Cap. 27.

BEsydes the tymes of the yere, and ages, there be also other tymes of eatynge and drynkynge to be remembred, as the sondry

tymes in the day, whiche we call meales, whych are in noumber and dystaunce, accordynge to the temperature of the countreye and personne: As where the countrey is colde, and the person lusty, and of a stronge nature, there may mo meales be vsed, or the lasse distance of tyme betwene them, Contrariwyse in contrarye countryes and personages, the cause is afore rehersed, where I haue spoken of the dyet of the tymes of the yere, not withstādyng here must be also consideration of exercise and reste, whiche doo augment or appeire the naturall dispolition of bodyes, as shall be more declared hereafter in the chapiter of exercyse. But concernyng the general vsage of countreys, and admitting the bodies to be in pfit state of helth, I suppose that in Englande yong men, vntyl they come to the age of .xl. yeres, may welle eate thre meales in one daye, as at breakefast, dyner, and supper, so that betweene breakefast and dyner, be the space of foure houres at the leaste, betweene dyner and supper. vi. houres, and the breakefast lasse than the dyner, and the dyner moderate, that is to say, lasse than sacietie or fulnes of healy, and the drynke therevnto measurable, accordynge to the dryenesse or moystenesse of the meate. For moche abundance of drynk at meale, drowneth the meate eaten, and not onely letteth conuenyente concoction in the stomache, but also causeth it to passe faster than nature requyreth, and therfore ingendreth moche fleume, and consequently reumes, & crudences in the veynes, debylitie and slypperneſſe of the stomake, contynuall flure and manye other inconuenyences to the body and membres.

But

¶ But to returne to meales, I thynke breakefastes necessary in this realme, aswel for the causes before rehersed, as also forasmoche as choler being feruent in the stomake, sendeth vp fumolities vnto the brayn, & causeth hed ache, and somtyme becometh aduste, and smouldreth in the stomake, whereby happeth perylous syknes, and somtyme sodaine dethe, if the heate inclosed in the stomake haue not other conueniente matter to worke on: this dayly experience proueth, and natural reson confyrmeth. Therfore men and women not aged, hauyng their stomakes cleane without putrified matter, slepynge moderately and soundely in the nyght, and relynge theym selfe lyghte in the morynge, and sweete breathed, let theym on Godes name breake their faste: Colerike men with grosse meate, menne of other complexions with lyghter meate, forasmuche, that they labour somewhat before: semblably their dyner and supper, as I haue before wrytten, so that they sleape not incontinent after their meales And here I wyll not recite the sentences of authors, whyche had neuer experience of englysshe mens natures, or of the iuste temperature of this realme of Englande, onely this counselle of Hipocrates shall be sufficient. We ought to graunt somewhat to tyme, to age, and to custome: not withstandynge where great werynesse or drythe, greued the body, there ought the dyner to be the lesse, and the lenger distance betweene dyner and supper. Also moche reste, except a lyttell softe walkynge, that by an vpryght mouyng, the meate beynge styred may descende. This is alwaye to be remembred, that where one feleth hym selfe full, and greued

Breakefast.

Hipocrat. aphor. 1. lib. 1.

Gal. de tuend. sanit.

with his dyner or the sauoure of his meate by eructation accedeth, or that his stomake is weke by late sykenesse or moche study, than is it most conuenient, to abstayne frome supper, and rather prouoke hym selfe to sleape moche, than to eate or drynke any thynge. Also to drynke betweene meales, is not laudable, except very great thyrste constrayneth, for it interrupteth the offyce of the stomake in concoction, and causeth the meate to passe faster than it shulde do, and the drynke beinge colde, it rebuketh naturall hete that is worckyng, and the meate remaynynge rawe, it corrupteth dygestyon, and makyth crudenesse in the veynes. wherfore he that is thyrsty, let him consyder the occasyō. If it be of salt ficume, let him walke fayre and softely, and onely washe his mouthe, and his throote with barley water, or small ale, or lye downe and sleape a lyttell, and so the thyrste wyll passe awaye, or at the leaste be well asswaged. If it happen by extreme heate of the ayre, or by pure choler, or eatynge of hot spyces, lette hym drynke a lyttell iulep made with cleane water and sugar, or a lyttell smalle biere or ale, soo that he drynke not a greate glutte, but in a lyttell quantitie, let it styll downe softly into his stomake, as he syteth, and than let hym not moue sodeynly. If the thyrste be in the euenynge, by eatynge to moche, and drynkynge of wyne, than after the opinion of the beste lerned physytions, and as I my selfe haue often experienced, the best remedy is, yf there be no feuer, to drynke a good draughte of colde water, immedyately, or els yf it be not peynefull for hym to vomyte, to

prouoke

prouoke hym therto with a lyttel warme water, and after to waſhe his mouth with vyneger and water, and ſoo to ſleape longe and ſoundly, yf he can. And yf in the morynge he fele any fumoſities ryſynge, than to drynke iulep of violettes, or for lacke therof, a good draughte of very ſmalle ale or biere ſomewhat warmed, without eatyng any thynge after it.

¶ Of dyuerſitie of meates eaten, wherby helthe is appayred. Cap. 28.

NOwe let this be a generall rule, that ſondry meates, beynge dyuers in ſubſtaunce and qualitie, eaten at oone meale, is the greatteſt ennemy to helth, that may be, and that whiche ingendreth moſt ſyknelles, for ſome meanes beyng groſſe, and harde to dygeſt, ſome fyne and eaſy to digeſt, do require dyuers operations of nature, and dyuers temperatures of the ſtomake, that is to ſay, moche heate and temperate heate, whiche maye not be togyther at one tyme. Therfore whan the fyne meate is ſuffycyentely boyled in the ſtomake, the groſſe meate is rawe, ſo both iuyces, thone good and perfyte, the other groſſe and crude, at one tyme dygeſted, and ſent into the veynes and bodye, nedes muſt helth decaye, and ſykenelles be ingendred. Lykewyſe in dyuers meates being dyuers qualities, as where ſome are hotte and moyſt, ſome colde and moyſt, ſome hotte and dryc, ſome colde and dry, accordyng therunto ſhall the iuyce be dyuers, whyche they make in the bodye. And lyke as betwene the

sayd qualities is contrarietie, soo therby shall be in the body an vnequall temperature, for asmoch as it is not possible for man to esteme soo iuste a proporcyon of the qualities of that, whyche he receyueth, that the one shall not excede the other in quantitie. Wherfore of the sayd vnequal mixture, nedes, must ensue corruption, & consequētly sykenesse. And therfore to a hole man, it were better, to fede at one meale competently on verye grosse meate only, so that it be swete, and his nature do not abhorre it, than on dyuers fyne meates, of sondry substaunce and qualities. I haue knowen and sene olde menne, and olde women, which eatyng only beefe, bakon, chese, or curdes, haue continued in good helthe, whome I haue proued, that whan they haue eaten sondry fyne meates at one meale, haue sone after felte theym selfe greued with frettinges and hed ache, and after that they haue ben hole agayne, there hath ben gyuen to theym one kynde of lyghte meate, they haue done as well therwith, as they were wont to doo with grosse meates, whan they eate it alone, whiche prouethe to be true that whyche I haue reherced. And it is good reason, for after the generall opinion of phylosophers and phisitions, the nature of mankynde is beste contente with thinges most symple and vnmyxte, all thinges tendynge to vnitie, wherin is the onely perfection. Also it is a generall rule of phisyke, that where a sychenes maye be cured with symples, that is to saye with one onely thyng, that is medicinable, there shuld the phisition gyue no compounde medycyne myxte with manye thynges. These thynges consydered, it maye seme to all

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men, that haue reson, what abuse is here in this realme in the contynuall gourmandyse & dayelye fedynge on sondry meates, at one meale, the spirite of gluttony, triumphynge amonge vs in his glorypouse charyot, callyd welfare, dryupynge vs afore hym, as his prysoners, into his dūgeon of surfet, where we are turmented with catarres, feuers, goutes, pleurelies, frettynge of the guttes, & many other sycknesses, and fynally cruelly put to death by them, oftentymes in youth, or in the mooste pleasaunt tyme of our lyfe, whan we wold most gladly lyue. For the remedy wherof, howe many tymes haue there ben dyuised ordynaunces and actes of counsayle, although perchaunce bodyly helthe was not the chiefe occasyon therof, but rather prouysion agaynste vayne and sumptuous expenses of the meane people. For the nobilytie was exempted and had libertie to abyde styll in the dongeon, yf they wolde, and to lyue lasse whyle than other men: But whan, where, and howe longe were the sayde good deuyses put in dewe execution, for all that thereof shulde succede double profite, that is to say, helth of body, and increse of substance, by eschewynge of superfluous expenses in sondry dysshes? Alas howe longe wylle men fantasye lawes and good ordynaunces and neuer determyne theym. Fantasy proceedth of wytte, determination of wysedome, witte is in the deuysynge and speakynge, but wysedome is in the performance, whiche resteth only in execution. Here I had almooste forgotten, that my purpose was to wryte of the order of diete, and not of lawes but the feruente loue that I haue to the publyque weale of my Gluttony.

countraye, constrayned me to digresse somewhat from my matter: but nowe wyll I procede forth to wryte of order, whyche in takynge of meates and drynkes is not the leest part of dyete.

Of order in receyuyng of meate and drynke. Cap. 29.

HErbes as well sodden, as vnsodden, also fruites, whiche doo mollyfye and louse the bealye, oughte to be eaten before a: ye other meate, excepte that sommetyme for the represſynge of fumosyties, rysynge in the heed by moche drynkyng of wyne, rawe lettyse, or a colde appull, or the iuyce of orenges or lymons maye be taken after meales in a lyttel quantitie. Moze ouer all brothes, mylke, rere egges, and meates, whiche are pourposely taken to make the bealye soluble, wolde be firste eaten. All fruites and other meates, that are styptike or byndyng, wolde be eaten laste after all other. Fruites confectionate specially with hony, ar not to be eaten with other meates. But here it is to be dylygentelye noted, that where the stomache is coleryke and strong, grosse meates wolde be fyrst eaten, where the stomache is colde or weake, there wolde fyne meates be fyrste eaten: for in a hot stomake, fine meates are bourned, whyle the grosse meate is digestyng. Contrarywise in a colde stomache, the lyttell heate is suffocate with grosse meate, & the fyne meate lefte rawe, for lacke of concoction, where if the fine meate be fyrst taken moderatly, it stereth vp and comforteth naturall heate, and maketh it moze able to concocte grosse meates, ye

they

they be eaten afterward: so that it be but in smal quantitie not withstandyng, as I late affirmed, one maner of meate is moste sure to euerye complection. foresene that it be alway most cõmonly in conformitie of qualities, with the person that eateth. Moreouer take hede, that slipper meates be not firste eaten, lest it drawe with it to hastily other meates, or they be digested, nor that stiptik or restrainyng meatis, be taken at the begynning as quynces, peares, and medlars, leste they maye let other meates, that they descende not into the bottom of the stomake, where they shoulde be digested, not withstanding the cõfection made with the iuyce of quynces, called Dacitonites, taken two houres afore dyner, or supper, is commẽded of Galene, and other, for restoryng appetite, and making good concoction. Also cõcernyng drynke at meales, it wolde not be afore that somewhat were eten. And at the begynnyng the drynk wold be strongest, & so toward the end more small, yf it be ale or bere, and if it be wyne more & more alaide with water. And after the better opinion of physitions, the drinke wold rather be mixte with the meate by sondry lytle draughtes, than with one great draught at the end of the meale, for the mixture tempreth well the meate without anoyance, a great draught with moch drynk, drowneth the meate, rebuketh natural hete, that than worketh in concoction, & with his weyght driueth downe the meate to hastily. Hot wines and swete, or cõfectioned with spices, or very stronge ale or bere are not conuenient at meales, for the meate is by them rather corrupted than digested, & they make hot and stinkyng vapors ascende vp to the brayne. Drynke at meales.

nes. All be it if the stomake be very wyndy, or so colde and feble, that it canne not concocte suche a quantitie of meate, as is requysyd to the suffycient nourysshement of the bodye of hym that eateth, or hath eaten rawe herbes or fruites, wherby he feleth some anoyance, than may he dzynke last incontinent after his meale, a lyttell quantitie of secke, or good aqua vite in small ale, but if he haue moch choler in his stomacke or a heed ful of vapours, it were moche better, that he dydde neyther dzynke the one, nor the other, but rather eate a lyttell colyander sede pzepared, or a piece of a quynce rosted, or in a marmelade, and after reste, to amende the lacke of nature with slepe, moderate exercyse, and playsters pzouyded for comfoztynge of the stomacke. And here wyll I leaue to wzyte any moze of the dyete in eatyng, & dzinkyng, saupnge that I wolde, that the reders shulde haue in remembzaunce these two counsayles. Fyzst, that to an hole man, to pzecise a rule is not conuenient in diete, & that the dyseases, whiche do happen by to moche abstinence, are warse to be cured, than they whyche come by replecion. And as Cornelius Celsus sayethe, A man that is hole and well at ease, and is at his lybertie, ought not to bynde hym selfe to rules, or nede a physytion: but yet where the stomake is feble, as is of the moze parte of citesens, and well nigh all they that be studious in lernyng or weyghty affayzes, there oughte to be moze circumspection, that the meate may be suche, as that eyther in qualitie or quantitie, nature beynge but feble, but not rebubed, or to moche oppzessed.

Cor. Cel. l. 1. cap. 1.
Idem. ca. 2.

Of

¶Of slepe and watche. Cap. 30.

The commoditie of moderate slepe, appereth by this, that naturall heate, whyche is occupied about the matter, wherof proceedeth nourysheméte, is comforted in the places of dygestion, and so digestion is made better, or more perfite by slepe, the bodye fatter, the mynde more quiete and clere, the humoures temperate: and by moche watche all thinges happen contrarye. The moderation of sleape muste be measured by helthe and sycheneſſe, by age, by tyme, by emptynes or fulneſſe of the bodye, and by naturall complexions. Fyrſte to a hole man, haupnge no debilitie of nature, and dygestynge perfytely the meate that he eateth, a lyttell sleape is suffycient: but to them, whyche haue weake stomakes, and doo digeste slowely, it requyreth, that sleape be moche lengar, semblable temperance is required in youth and age, wynter and sommer. The bodye being full of yll humours, very lyttel slepe is sufficient, except the humours be crude or raw, for than is slepe neceſſary, whych digesteth them better than labour. Semblably where the bodye is longe empty, by longe sychneſſe or abstinence, slepe comforteth nature, as well in the principall membres, as in all the other. Also regarde muste be hadde to the complexion, for they that ar hotte and do eate lyttell, and digeste quyckely, a lyttell sleape serueth, specially to cholerike personnes, for in theym moche slepe augmenteth heate, more than is neceſſary, wherby hotte fumes and inflamations are often ingendred, and sometyme the naturall choler is aduſte or putrified, as experyence

ence teacheth. Fleumatike persones are naturally inclyned to slepe: and bycause they ingender moche humours, they requyre moze slepe than sanguyne oz cholerike. Persones hauynge naturall melancoly, not proceedynge of choler aduste, doo requyre very moche sleape, whiche in them comforteth the powers anymall, vitall, and naturall, which ye may find writé in the tables preceding. Sleape wolde be taken not immediatelye after meales, and before that the meate is dyscended from the mouthe of the stomacke. For therby is ingendred peynes and noyse in the healy, and digestion corrupted, and the sleape by yll vapours, ascendyng, made vnquiete and troublous. Moze ouer immoderate slepe maketh the body apte vnto palseys, apoplexis, falling siknes reumes, and impostumes. Also it maketh the wyttes dulle, and the bodye slowe and vnapte to honeste exercyse. Semblablye immoderate watche dryeth to moche the body, and dothe debilitate the powers anymall, letteth dygestion, and maketh the body apte to consumptions. Wherfoze in these two thynges, as well as all other, a dylygent temperance is to be vsed, the moderation is best coniectred (foz it is harde perfytely to knowe it) by the sensible lyghtnes of all the bodye, specially of the brayne, the browes, and the eyes, the passage downe of the meate from the stomake, the wylle to make vryne, and to go to the stoole. Contrary wyse, heuines in the body and eyes, and sauoz of the meate before eaten, sygnyfieth that the sleape was not sufficient. They that are hole must slepe first on the right side, bycause the meate may approche to the lyuer, whyche is to the stomake, as fyre

fyre vnder the potte, and by hym is dygested. To them, whiche haue feeble dygestion, it is good to slepe prostrate on theyr bealyes, or to haue theyr bare hande on theyr stomakes. Lyeng vpright on the backe, is to be vtterly abhorred.

¶ The commoditie of exercyse, and the tyme whan it shulde be vsed. Cap. 31.

Every meuyng is not an exercyse, but onely that which is vehement, the end wherof, is alteration of the breath or wynde of a man Of Exercyse do procede two commodyties, euacuation of excrementes, and also good habyte of the body, for exercise beynge a vehement motion, thereof nedes muste ensewe hardenesse of the membres, wherby labour shal the lesse greue, and the body be the more stronge to labour. Also ther of commeth augmentation of heate, whereby happeneth the more attraction of thynges to be dygested, alsoo more quycke alteration, and better nourysshynge. Moreouer, that all and syngular partes of the bodye, be therewith somewhat humected. Whereby it happeneth, that thynges harde be mollyfyed, moyste thynges are extenuate, and the poores of the bodye are more opened. And by the vyolence of the breathe or wynde, the poores are clensed, and the fylthe in the bodye naturally expelled. This thynge is soo necessary to the preseruation of helth, that without it, noo man may be longe without syckenes, whyche is affirmed by Cornelius Celsus, sayenge, that sluggysshenes dulleth the bodye, labour dothe strengthe it, the fyrst byngeth the incom-

Cor. Cel. li. 1.

commodities of age shortly, the last maketh a mā longe tyme lusty. Not withstandynge in exercise ought to be foure thynges diligently consydered, that is to say, the tyme, the thynges precedynge, the qualitie, and the quantitie of exercyse.

¶ Fyrst as concernynge the tyme conuenient for exercyse, that it be not whan there is in the stomake or bowels, great quantitie of meat not sufficyently digested or of humours crude or rawe, leste therby peryll mought insue by conueyaunce of them into all the membres, before those metes or humours be concocte or boyled sufficiently.

L.i.2. de tuenda sanitate.

Galene sayth, that the tyme most conuenient for exercyse is, whan bothe the fyrste and seconde dygestion is complete, as welle in the stomache, as in the veynes, and that the tyme approcheth to eate eftesoones. For yf ye doo exercise sooner or later, ye shall eyther fylle the body with crude humours, or elles augment yelowe choler. The knowledge of this tyme is perceyued by the colour of the vryne, for that whyche resemblethe vnto clere water betokeneth, that the iuyce, whiche commeth fromc the stomacke, is crude in the vaynes: that whyche is well coloured, not to hyghe or base, betokenethe that the seconde dygestion is nowe perfecte: where the coloure is verye hyghe or redde, hit sygnyfyeth, that the concoction is more thanne sufficyente.

Wherefore whanne the Vryne appereth in a temperate coloure, not redde nor pale, but as it were gylte, thanne shoulde exercyse haue his begynnynge.

Of

Of fricasies or rubbynges precedyng exercyse. Cap. 32.

And touchynge thynges precedynge exercyse, forasmoche as it is to be feared, lest by vehement exercise any of the excrementes of the bealy or bladder, shoulde hastely be receyued into the habyte of the bodye, by the vyolence of heate, kendled by exercyse, also leste some thynge, whiche is hole, be by heuynesse of excrementes, or vyolent motion, broken or pulled oute of his place, or that the excrementes, by vyolence of the breathe, shoulde stoppe the poores or cundytes of the bodye, it shall be necessarye lyttell and lyttell, by chafyng the bodye, fyrste to mollyfye the partes consolydate, and to extenuate or make thynne the humours, and to lowse and open the poores, and than shall ensue to hym that exercyseth, no perylle of obstruction or rupture. And to bringe that to passe, it shall be expedient, after that the body is clensed, to rubbe the bodye with a course lynnen clothe, fyrste softely and easyly, and after to increase more and more, to a harde and swyfte rubbynge, vntyll the flesshe do swelle, and be somewhat ruddy, and that not only downe ryght, but also ouerthwart and round. Some do vse fricasies in this forme, in the mornynge, after that they haue ben at the stole, with theyr shirte sleues or bare hande, if theyr flesshe be tender, they do fyrste softely, and afterwarde faster, rubbe theyr breaste, and sydes downwarde, and ouerthwart, not touchinge their stomache or bealy, and after cause their seruaunt semblably to rubbe ouerthwart theyr shoulders, and backe

Galenus. Paulus. Oribasius. Actius.

¶ beginning at their nechbone, and not touchyng the raynes of their backe, excepte they doo feele there moche colde and wynde, and afterwarde theyr legges frō the knee to the ancle: laste theyr armes from the elbowe to the handewreste. And in this forme of fricasye I my selfe haue founden an excellent commoditie Olde men, or they, whiche be verye drye in theyr bodyes, yf they put to some swete oyles, as Yrinum, Nardiū, Chamesiinum, or other lyke, myxte with a lyttell swete oyle of roses, I suppose they do well. I wyll not here speake of oyntementes vsed in olde tyme amonge the Romaynes and Grekes, in fricasyes or rubbynges. For I suppose, that they were neuer here vsed. and in the sayde places, they be also lefte, onelesse it be in palseyes, or applexies, or agaynst the rygour, whiche happeth in feuers onely. I wyll remember the sayenge of Hipocrates, Fricasye hath power to lowse, to bynde, to increase flesshe, and to mynysshe it. For harde fricasies doo bynde or consolydate, softe rubbynge dothe lowse or mollyfy, moch doth minish flesshe, meane rubbyng dothe augment or increase it. He that wyl knowe more abundantly hereof, let him reade the booke of Galene of the preseruation of helthe, called in latyne De tuenda sanitate, translated moste truely and eloquently, out of Greke into Latyne, by doctour Lynacre, late phylytion of moofte worthye memorye to our soueraygne lorde kynge HENRY the. VIII.

The same matter is wrytten more briefely of Paulus Egineta, Oribasius, Aetius, and some other late wryters, but vnto Galene not to be compared.

The

¶ The diuersities of exercises. Cap. 33.

The qualitie of exercyse, is the dyuersytie therof, forasmoche as therin be many differences in mouynge, and also some exercyse moueth more one part of the bodye, some an other. In dyfference of mouynge, some is slowe or softe, some is swyfte or faste, some is stronge or violent, some be myxt with strength and swyftnesse. Stronge or violent exercyses be these, delyuyng (specially in tough clay and heuy) bearynge or sustreynyng of heuy burdeynes, clymmynge or walkynge against a stepe vpright hyll, holdynge a rope, & clymmyng vp therby, hangynge by the handes on any thynge aboue a mannes reache, that his feete touche not the grounde, standynge and holdynge vppe, or spreadynge the armes, with the handes faste closed, and abydynge soo a longe tyme. Also to holde the armes stedfaste, caulynge an other man, to assaye, to pulle theym oute, and not withstandynge he kepeth his arme stedfaste, inforcynge therevnto the synewes and muscules. Wrastlynge also with the armes and legges, yf the personnes be equall in strength, it dothe exercyse the one and the other: yf the one be stronger, than is it to the weaker a more vyolent exercise. All these kyndes of exercises, and other lyke them, doo augment strengthe, and therfore they serue onely for ponge menne, whyche be inclyned, or be apte to the warres. Swyfte exercyse withoute vyolence is, rounnynge, playenge with weapons, tenyse, or throwynge of the balle, trottyng a space of grounde forwarde and backewarde, goynge on the toes, and holdynge

vppe the handes. Alſoo ſtyrrynge vp and downe his armes, without plumettes. Vehement exercyſe is compounde of vyolente exercyſe, and ſwyfte, whan they are ioyned togyther at oone tyme, as daunſynge of galyardes, throwynge of the balle, and rounnynge after it: footeballe play may be in the number thereof, throwynge of the longe darte, and contynewynge it many tymes, rounnynge in harneys, and other lyke. The moderate exercyſe is longe walkynge or goynge a iourneye. The partes of the bodye haue condrye exercyſes appropryed vnto theym, as rounnynge and goynge is the mooſte proper for the legges, Wouynge of the armes vp and downe, of ſtretchynge theym oute, and playenge with weapons, ſeruyth mooſte for the armes and ſholders, ſtowpynge and ryſynge oftentyme, or lyftynge greate weyghtes, takynge vp plummettes or other lyke poyſes on the endes of ſtaues, and in lykewyſe. lyftyng vp in euerye hande a ſpeare or morryſpyke by the endes, ſpecyallye croſſynge the handes, and to laye theym downe agayne in theyr places, theſe do exercyſe the backe and loynes. Of the bulke and lounges the propre exercyſe is meuynge of the breathe in ſyngynge or cryenge. The entrayles, whyche be vndernethe the mydryffe, be exercyſed by blowynge, eyther by conſtraynte, or playenge on Shaulmes, or Sackbottes, or other lyke inſtrumentes, whyche doo requyre moche wynde. The Muſcules are beſte exercyſed with holdynge the breathe in, a longe tyme, ſoo that he, whyche dothe exercyſe, hathe welle dygeſted his meate, and is not troubled with moche wynde in his bodye.

Fynally

Fynally lowde readynge, counterfaite battayle, tenyse, or throwynge the balle, rounnynge, walkynge, adde to shotyng, whiche in myne opinion excede all the other, do exercise the bodye commodyously. Alwaye remember, that the ende of vyolente exercyse is dyfficultie in fetchynge of the brethe. Of moderate exercyse, alteration of breth onely, or the begynnynge of sweatte. Moreouer in wynter, runnynge, and wrastlynge, is conuenyent. In sommer wrastlynge a lyttelle, but not runynng. In very colde wether, moche walkyng, in hotte wether, reste is more expedyente. They whyche seme to haue moyste bodyes, and lyue in ydelnesse, they haue nede of vyolent exercyse. They whyche are leane and cholerycke, muste walke softely, and exercyse theym selfes verye temperatelye. The plummettes, callyd of Galene Alteres, whyche are nowe moche vsed with greatte menne, beynge of equalle weyghte, and accordynge to the strengthe of hym, that exercyseth, are verye good to be vsed fastynge, a lyttell before breakefaste or dyner, holdynge in euerye hande one plummette, and lyftynge theym on hyghe, and bryngynge theym downe with moche vyolence, and soo he may make the exercise violent, or moderate, after the poyse of the plummettes, heuyer, or lighter, a with moche or lyttelle labouryng with them.

¶ Of Gestation that is to say, where one is caried, and is of an other thynge meued, and not of him selfe. Ca. 34

aul. Egi. ctius.

THere is also an other kynde of exercyse, whiche is callyd Gestation, and is myxte with mouynge and reste. Forasmoche as the body, syttynge or lyenge, semeth to reste, and not withstandynge it is meued by that, whyche bearyth it, as lyenge in a bedde, hangynge by cordes or chaynes, or in a craddelle, syttynge in a chayre, whiche is caryed on mens shulders with staues, as was the vse of the auncient Romayns or syttynge in a boote or barge, which is rowyd, rydynge on a horse, whiche aumbleth very easyly, or gothe a very softe pace. The bedde, cradel, and chayre caryed, seruyth for theym that are in longe and contynuall sykenesse, or be lately recouered of a feuer. Also theym, whyche haue the frenesye or letarge, or haue a lyghte tercyane feuer, or a cotidiane. This exercyse swetely asswageth troubles of the mynd, and prouoketh slepe, as it appereth in chylderne, whyche are rocked. Also it is conuenyent for them, whyche haue the palsey, the stoone, or the goute. Gestation in a charyotte or wagon hathe in it a shakynge of the body, but some vehement, and some more softe, the softe seruyth in dyseases of the head, and where any matter rounneth downe into the stomake and entrayles, But the vehement shakyng is to be vsed in the greefes of the breaste and stomache. Also in swellyng of the bodye and legges in dropsyes, palseys, mygrimes, and scotomies, whyche is an ymagynation of darkenesse, beyng

retour-

retourned, at the ende of his iourney, he muste sytte vp, and be easyly moued. I haue knowen sayth Fetius, many persones in suche wyse cured without any other helpe. Nauigation or rowynge nygh to the lande, in a calme water is expedient for them that haue dropsyes, lepryes, palseyes, callyd of the vulgar people, takynges, and fransyes. To be caried on a rough water, it is a vyolent exercyse & inducyth sondry affections of the mynde, sometyme feare, somtyme hope, now coward harte, nowe hardynesse, one whyle pleasure, an nother, whyle displeasure. These exercyses, yf they be wel tempered, they may put out of the bodye, all longe durynge sycknesses. For that whyche is myxte with reste and meuynge, yf any thynge elles maye, it mooste excellentely cauleth the bodye to be welle nourysshed. Celsus dothe prohybyte Gestation, where the bodye feleth peyne, and in the begynnynge of feuers, but whan they ceasse, he alloweth it. Celsus. 2.

Rydynge moderately and without greke, it doth corroborate the spirite and body aboue other exercyses, specyally the stomake, it clenseth the senses, and maketh theym moxe quycke: Yll be it to the brcast, it is very noysful. It ought to be remembred, that as well this as all other kyndes of exercyse wolde be vsed in a hole coūtrey, & where the ayer is pure and vncorrupted. Forsene, that he that woll exercise do go first to the stole, for the causes rehersed in the last chapiter.

Of vociferation. Cap. 35.

The chiefe exercyse of the breste and instrumentes of the voyce, is vociferation, whiche is syngyng, redyng, or crienge, wherof is the propertie, that it pourgeth naturall heate, and maketh it also subtyle and stable, and maketh the membres of the bodye substantyall and stronge, relystyng dyseases. This exercyse wolde be vsed, of persones shorte wynded, and theym, whiche can not fetche theyr breath, but holdynge theyr necke streight vpright. Also of them, whose fleshe is consumed, specyallye aboute the breaste and shoulders. Also whiche haue had apostumes broken in theyr brcastes: moreouer of theym that are hoorse by the moche moysture. and to theym, whiche haue quartayne feuers, it is conuenyent, it louseth the humour, that stycketh in the breste, and dryeth vp the moysteneste of the stomache, whyche propryly the course of the quartayne is wont to bryngc with hym, it also profyteth them whiche haue feble stomakes, or doo vompte contynually, or doo breake vp sowreneste oute of the stomacke. It is good also for grefes of the head. He that intendeth to attempte this exercyse, after that he hath ben at the stoole, and softely rubbed the lower partes, and washed his handes. Aette hym speake with as base a voyce as he can, and walkyng, begynne to synge lowder and lowder, but stylle in a base voyce, and to take no hede of swete tunes or armony. For that nothing doth profyte vnto helthe of the bodye, but to inforce hym selfe to synge greatte, for therby moche ayre drawen in by fetchynge of breathe, thrusteth

steth forthe the breaste and stomacke, and openeth and inlargeth the poores. By highe crienge and lowde readynge, are expelled superfluouse humours. Therfore menne and women, hauing theyr bodyes feeble, and theyr flesshe lowse, and not fyrme, muste reade oftentymes lowde, and in a baase voyce, extendynge oute the wyndpype, and other passages of the breathe.

But not withstandynge, this exercyse is not vsed alway, and of all persones. For they, in whome is abundance of humours corrupted, or be moche diseased with cruditie in the stomake and veynes, those do I counsayle to absteyn from the exercise of the voyce, lest moche corrupted iuyce or vapours, maye thereby be into all the body distributed. And here I conclude to speake of exercise, whiche of them that desyre to remayne longe in healthe, is mooste dylygently, and as I mought say, most scrupulously to be obserued.

THE THYRDE BOKE.

Of Repletion. Cap. primo.

REPLETION IS a superfluous aboundance of humours in the bodye: & that is in two maner of wyse, that is to say, in quãtitie, & in qualitie. In quantitie, as where al the foure humours are more in abũdaunce, than be equalle in proporcion to the bodye, that contayneth theym, or where oone humour moche exceedeth the remnaunt in quantitie. In qualytie, as where the bloudde, or other humour, is hotter, or colder, thycker or thynner, than is conuenyent vnto the bodye. Fyrste where all the humours, beynge superfluously increased, fylleth and extendeth the receptories of the bodye, as the stomake, the veynes, and bowels, and is most properly callyd fulnesse, in greke Plethora, in latyne Plenitudo. The other is, where the body is infarced, eyther with choler, yelowe or blacke, or with fleume, or with watry humours, and is properly callyd in greke, Cacochymia, in latyn Vitiosus succus, in englyshe it may be called corrupt iuyce. I wil not here write, the subtyll and abundant definitions and descriptions of Galen in his bookes de Plenitudine, and in his commentaries vpon the Aphos

horikmes of Hipocrates. For it shall here suf-
fyce, to shewe the operations of repletion good
wyll, & myttyng theym, whiche be curious, and
desyre a more ample declaration, to the most ex-
cellent warkes of Galene, where he maye be sa-
tisfied, yf he be not determyned to repougne a-
gaynst reason. Hipocrates saythe, where meate
is receyued moche aboue nature, that maketh
sickenesse. Galene declarynge that place saythe,
More meate than accordeth with natures mea-
sure, is named repletion. And afterwarde he ex-
poundeth that worde aboue nature, to sygnyfye
to moch and superfluously, as who saith, where
the meate is superfluously taken, it maketh sik-
nesse. For meate but a lyttell excedynge tempe-
rance, may not forthewtth make syckenesse, but
maye yet keepe the bodye within the latitude or
boundes of helthe, for the meate that shall make
sickenes, muste not a lyttell excede the equalyte
nature The incommodytie, whyche happeth
therby is, that moystenesse is to moche extended,
and naturall heate is debilytate. Also naturalle
heate resolueth somewhat of the superfluous
meate and drynke. And of that, whyche is resol-
ued of meate vndygested, procedeth fumosytie
grosse and vndigested, whyche ascendynge vp
to the head, and towchynge the ryme, wherin
the brayne is wrapped, causeth head ache, trem-
blynge of the membres, duskyshnes of the sight,
and many other sycknesses, also by the sharpnes
thereof, it prycketh and annoyeth the synewes,
whyche make sensibilitie, the rootes of whome,
are in the brayn, and from thens passeth through
all the body. Fynally, the sayde fumositie ingen-
dred

Li. 2. apho

Apho. 15.
Vbi cibus
præter na-
turam plus
ingestus est
hic morbũ
facit.
Galen. in
cõmẽ. loco
prædicto.

dyed of repletion, perepnge the innermoste part of the layde synewes, called sensible, it greuously annoyeth the power animall, there consystynge by the occasyon wherof, vnderstandynge and reason, as to the vse of theym, are let and troubled. And also the Tongue, whiche is reasons expositour, is depryued of his offyce, as it appereth in them, whiche are dronke, and them, whiche have greuous peynes in their heed, procedynge of repletion. Oribasius euporiston lib. 1. Synges of repletion be these, losse of appetite, delyte in nothynge, slouthfulnesse, dulnesse of the wytte and sences, more sleape than was accustomed to be, crampes in the body, stretynge or saltion of the membres, fulnesse of the veynes, and thyckenesse of the pulses, horrour or shrouelynge of the bodye myxte with heate. The remedyes are abstynence, and all euacuations, whereof I wylle make mencyon in the next Chappter.

Of Euacuation. Cap. 2.

The meates and drynkes receyued into the bodye, yf the stomake and lyuer doo their naturall offyce, be altered by concoction and digestion, in suche wyse that the beste parte therof, goeth in the nourysshemente of the body: the warste, beynge separate by the membres of specialI, from the resydewe, are made excrementes in sondry fourmes, and substaunces, whyche are lyke in qualytie to the naturall humour, whyche than raigneth mooste in the bodye. Excrementes. These excrementes be none other, but matter superfluous, and vnclaue ry, whyche by naturall powers ma-

na-

t be conuerted into flesshe, but remaynynge in
e body, corrupt the membres, and therfore na-
re abhorringe them, desyreth to haue them ex-
elled. These excrementes be three in noumbre, Ordure:
dure, vryne, humour superfluous Moreouer,
are be two sortes of ordure, that is to saye, one
gested, whiche passeth by syege, the other vn- Digested.
gested, whyche is expelled by vomyte. where I
aye dygested, I meane, that it is passed the sto-
ake, and tourned into an nother fygure. Lyke
yse I call that vndygested, whiche tylle retay-
eth the fygure of meate. Vryne is the watrye Vryne.
substaunce of the bloudde, lyke as whaye is of
ylke, whyche out of the meate that is altered
nd concocte or boyled in the stomache, is stray-
ed in the vaynes called Mesaraicæ, whiche pro-
deth from the holowe parte of the lyuer, and
mte by the raynes into the bladder, passeth by
he Instrumente, the whyche is ordeyned as
welle to that pourpose, as for Generation.
Humour superfluouse is in three sortes, eyther Hymor su-
myxte with any of the foure humours, called na- perfluous:
turall, or els it is gathered into the brayne, or it
is betweene the skynne and the flesshe, or lyeth a-
monge the synewes, Muscules, or ioyntes. Of
humours some are more grosse and colde, some
are subtyll and hotte, and are callyd vapours.
Nowe for to expell the sayd excrementis, are. ix.
sundry kyndes of euacuation, that is to saye, ab-
stynence, vomyte, purgation by siege, lettyng of
bloudde, scarpsyenge called cuppyng, sweatyng,
prouocation of vrine, spyttynge, bledyng at the
nose, or by hemorroides. And in women, their na-
turall purgations. Of these euacuations I wyll
breefely

brefly declare, with the commodyties, whiche by the discrete vse of them do happe vnto the body

Of Abstinence. Cap. 3.

Abstynence is a forbearynge to receyue any meate or drynke. For yf it be but in parte, it is than called rather temperance than abstynence. It ought to be vsed onely after repletion, as the proper remedye therfore. And than yf it be moderate, it consumeth superfluities, and in consumynge theym, it clarifieth the humours, maketh the body fayre coloured, and not onely kepeth out sycknesse, but also where sycknesse is entred, nothynge more helpeth, yf it be vsed in season. To theym, whyche haue very moyste bodyes, hunger is ryghte expediente, for it maketh theym more dry, not withstandynge there ought to be consyderations, in the meate before eaten, in the age of the personne, in the tyme of the yere, and in custome. Fyrste in the meate before eaten, yf it be moche in excesse or very grosse, or not moche excedynge, or lyghte of digestyon, and accordynge therto, wolde abstynence more or lasse be proporcioned. Concernyng age, Hipocrates sayethe, olde men maye lustayne fastynge easyly, nexte vnto theym, men of myddell age, yonge menne maye wars beare it, chyldrene warst of all, specially they that be lusty, not withstandynge here Galene corrected Hipocrates, sayenge, that he shulde haue excepted men very olde, who, as Experyence declareth, muste eate often and lytelle. As towchynge tyme, it muste be remembred, that in wynter and sprynge tyme,

Cor. Cel. li. 2.

Hipocrat. apho. li. 7.

Considerations in abstynence.

Apho. li. 1.

Galen. in comment.

tyme, the stomackes be naturallye verye hotte, and sleape is longe, and therfore in that tyme meates wolde be more abundant, and although moche be eaten, it wyl be soner dygested. Wherfore abstynence wolde not be than soo moche as in sommer, all be it to absteyne moche in Sommer, excepte it be after repletion, Damascene saythe, it dryeth the bodye, it maketh the colour salowe, it engendreth melancoly, and hurteth the syght. Moreouer, custome maye not be forgotten, for they whyche are vsed from chyldehoode, to eate sondry meales in the daye, wolde rather be reduced to fewer meales, and lyttelie meate, than to be compelled to absteyne vtterlye, to the intent, that nature, whyche is made by custome, be not rebuked, and the power dygestiue thereby debilitate. And note well, that by to moche abstinēce, the moisture of the body is withdrawen: and consequentely the body driethe, and waxeth leane, naturall heate, by withdrawynge of moysture, is to moche intended, and not fyndyng humour to worke in, tourneth his violence to the radycall or substancyall moysture of the bodye, and exhausting that humour, bryngeth the body into a consumption. wherfore Hipocrates sayth, that to scarse and exquysyte an order in meate and drynke, is for the more parte more daungerous than that, which is more abundant. Contrarywise moderation in abstinēce, according to the sayd considerations, is to healthe a sure bulwarke.

Damascenus apho.

Apho. li. 2

Of

¶ Of Vomyte. Cap. 4.

Actius, li. 1

The meate or drynke superfluous, or corrupted in the stomake, is beste expellyd by vomyte, yf it be not very grenous to him whyche is dyseased. Also the modcrate vse of it, purgeth fleume, lyghteth the heade, causeth that the excesse of meates or drynkes, shall not anoye or brynge syckenesse. Moreouer it amendeth the affectes of the raynes, bladder, and the fundement. It also helpeth agaynste leprys, cankers, goutes, dropsyes, and also diuers syknesses procedyng of the stomake. For yf any greke happeneth of the heade, vomyte is than vncommodyous. It is better in winter, than in sommer. Also good for them, whiche are replete, or verye cholerike, if they haue not welle dygested. but it is ill for theym, that be leane, or haue weake stomakes. And therfore where one feleth bytter vapours rysynge out of his stomacke, with griefe and werghtynesse, in the ouer partes of his bodye, letre hym runne forthewith to this remedy. It is also good for him that is harte burned, and hath moche spyttelle, or his stomacke wambleth, and for hym that remeueth into sundrye places.

Cor. Cel. li. 1.

Yet I counsayle sayth Celsue, hym that wyll be in helthe, and wolde not be to soone aged, that he vse not this dayly. And I may selfe haue knowen men, whiche dayly vsynge it, haue brought therby theyr stomaches into such custome, that what so euer they dydde eate, they coulde not longe retayne it, wherby they shorten theyr lyues. Wherfore it wolde not be vsed, but onely where great surfet, or abundaunce of fleume doo requyre it.

The

He that wylle vompyte after meate, lette hym dzynke fundzy dzynkes myxte togyther, and laste of all, warme water: oz yf that be to eafye, lette hym myxte therwith falte oz hony. If he wyl vomyte faftynge, lette hym dzynke water and hony fodden togyther, oz Iſope with it, oz eate of a radyſſhe roote, and dzynke warme water vppon it. Alſo water wherin radyſſhe is boyled, and afterward pzouoke him ſelfe to it. Them that wyll haue moze vyolente pourgations, I remytte to phyſitions lerned. But yet I do exhſones warne them, that therein they be cyzcumſpecte, and doo not moche vſe it. Mozeouer in vomites, the matter bzoughte fozthe, wolde be conſydered, accozdynge to the rules of Hipocrates, in his ſeconde booke of pzonoſtycations, that is to ſaye, yf it be myxt with fleume & choler, it is moſte pzofytable, if it be not in very great quantitie, noz thycke, the laſſe myxture it hathe, the warſe is it. If it be greene, lyke to leeke blaades, thynne oz blacke, it is to be iudged ylle. If it haue all colours, it is extreme perylous. If it be leady coloured, and ſauoureth hozrybly, yt ſygnifieth a ſhozte abolytion, oz dyſſolution of nature. Foz as Galene affyzmeth there in his comment, ſuche maner of vompyte declareth cozruption with extynctyng of nature. Alſo euerye putrefied and ſtynkynge ſauoure in vompyte is ylle. Theſe thynges be eighte neceſſarye to be loked foze, where one wthe vompyte without any difficultie: but to inforce one to vomyte, whyche can not, is verye odyous, and to be abhozred.

Hipocrat. prefag. 2. cap. 7.

Galen. de. locis affectis. lib. i.

¶ Of purgations by siege. Cap. 5.

Cel. lib. 1.
Actiꝰ. li. 3.

IF the head be heuye, or the eyen dymme, or yf there be peyne felte of the colyke, or in the lower part of the bealy, or in the hippes, or som cholerike matter or fleume in the stomake. Also if the breathe be hardely fetched, yf the bely of him selfe sendeth forthe nothyng, or yf being costiue, one feleth yll sauor or bitternesse in his mouth, or that whyche he maketh, hath an horryble sauour or yf abstynence doo not, at the fyrste put awaye the feuer, or yf the strength of the bodye may not sustayne lettynge of bloudde, or elles the tyme therfore conuenyent is past, or yf one haue dronk moche before his sycknesse, or yf he whyche ofttentymes vnconstrayned, hathe hadde great syeges, be sodaynly stopped: In all these cases, and where it is peynefull to vompte, and in gnawyng or frettinges of the stomake, fynally in all repletions, where a man can not or wyll not be lette bloudde or vompte, it is expedyente to prouoke syege by pourgation, whyche are receyued by two wayes: Upwarde at the foundemente by suppositories or clysters. Downewarde at the mouthe, by potions, electuaries, or pylles.

Suppositories are vsed, where the pacyente is weake, and maye not receyue any other pourgations. sometyme for as moche as the strayt gutte is stopped with excrementes, whyche are drye and harde, sometyme where there nedeth none other purgation, specially in bournynge feuers, wherof the mattier ascendeth into the head, than clysters maye doo harme, and by the benefyte of suppositories, excrementes are broughte forthe with

withoute anye annoyaunce. And oftentymes it bryngeth forthe that, whyche clysters maye not. Suppolytories are made sometyme with honye onely, sodden, rolled on a bourde, & made rounde smaller at the one ende, than at the other, and of the lengthe and greattenesse, accordynge to the quantitie of the bodye that taketh it. Sometyme there is myxte with the hony salte dryed, or salte peter, or the powder of such thynges, as doo eyther purge the humour, whiche offendeth or dyssolueth grosse wyndes, or other matter, they be sommetyme made with roseyne, pytche, waxe, or gummes, sommetyme of rootes, or the leaues of Mercury grene, verye smalle bruysed. Also with fygges or raysons, the stoones taken oute, or of whyte sope, made in the fygure aforesayde, and beynge made in the fourme aforesayde, they muste be putte vppe at the foundemente, to the greate ende, and the pacyente muste keepe it there the space of halfe an howre, or more.

Clysters are made of lycoure sometyme symple, as water sodden, mylke, oyle, or wyne, somtyme myxte, as water and oyle togyther, or decoction, as where herbes, rootes, fruities, seedes, or gūmes, haupnge propretie to make sokte, dissolue drawe forthe, or expelle matter that greeueth, be boyled, and the lycour therof, sometyme warme, somtyme hotte, is receyued at the foundement into the bodye by a lyttell pype of golde, or syluer, yuorye, or wodde, therefore ordeyned and called a clyster pype. This is necessarye, where the stomake is weake, and maye not susteyne the warkynge of medicynes receyued at the mouthe, also in feuers, colykes, and other dyseases in the bo-

wels, grieke in the raynes of the backe or huckle bone, ventolities in the bealy, inflamation or exulceration in the guttes or bladder. It is a conuenient and sure medycine, and leste hurte dothe ensue of it. The makynge and ordrynge therof, I wyll omytte to wryte in this place, partly that I wolde not, that physitions shuld to moch note in me presumption, partely than an nother place may be more apte to that purpose.

¶ The particular commodities of euery purgation. Cap. 6.

IN potions, electuaries, and pylles oughte to be moche more obseruation, than in clysters or suppositories, forasmoch as these doo enter no further than into the gutte, where the ordure lyeth, and by that place onely, bryngeth forth the matter, whyche causeth dysease. But the other entrynge in that waye, that meates and drynkes do, commeth into the stomacke, and there is boyled, and sente into the places of dygestion, and afterwarde is myxte with the iuyce, wherof the substaunce of the bodye is made, and expellynge the aduersarye humoures, sommewhat therof doubteleste remayneth in the bodye. Wherefore menne haue neede to beware, what medycynes they receyue, that in theym be noo venenosytie, malyce, or corruption, lest for the expellynge of a superfluous humor, which perchance good diete, or some brothes made of good herbes, or the said euacuation, with suppository, or clyster, mought brynge forthe at leysure. By delyrynge of to hastye remedye, they receyue in medicyne, that whi-

che

ehe shall ingender a venemoas huwour. and vn-
euitable destruction vnto all the body. And ther-
foze happy is he, whiche in syckenesse fyndeth a
dyscrete and welle lerned phyſytion, and soo
trewe a potycarye, that hathe alwaye dzowges
vncozrupted, and whome the phyſytion maye
surely truste, to dyspence his thynges truelye.
But nowe to retourne to the sayde fourme of
pourgation, I wylle nowe sette forthe somme
counsayles, concernynge that mattier, whiche
I haue collected oute of the chiefe authours of
phyſycke,. Bodyes hotte and moyste, may easi-
ly susteyne purgation by the stoole. They why-
the be leane oz thynne, hauynge the membzes
tender, may take harme by purgations. To men
that are cholerike, and them that eate lyttelle,
pourgations are greuouse, In yonge chylderne
and olde menne, it is daungerouse to lowse mo-
che the bealye. To theym that are not wont to
it, pourgation is noyfulle. He that lyueth in a
good ozder of dyete nedeth neyther pourgation
noz vomyte. After that the pourgation hathe
wzoughte, thzystines and sounde slepe be sygnes
that the bodye is sufficiently pourged. By daye
ly takynge of medycynes, Nature is corrupted.
Whan ye wyll purge any thyng, make fyzste the
matter flowyng and soluble. Medicine to purge
oughte not to be mynglyd with meate, but to be Hipo. aph.
taken foure houres at the leste befoze meales, oz
thze houres after meales, excepte certayne easye
pylles made to clense and comfozte the stomake.
whyche wolde be taken after the begynnynge of
supper, oz after supper a lyttell befoze that oone
gothe to bedde, makynge a lyght supper oz none.

After purgation taken, the pacyent shulde reste, and not walk, vntyl the medicine hath wrought, nor eate or drynke in the meane space. These thynges haue I remembred, because I haue knowen ryghte good physitions, to haue forgotten, to instruct therof their pacientes. Now wyll I sette forthe the table of suche thynges, whyche of theyr propertie doo dygeste or pourge superfluous humours particularly, which I haue gathered oute of the bookes of Dioscorides, Galene, Paulus Egineta, Oribasius, and Aetius, and other late wryters, not withstandynge, I haue not wrytten all, forasmoche as there be dyuers thynges, wherevnto we haue not yet founden any names in englysche.

¶ Dygestyues of choler.

¶ Endyue.
Lettyse.
Cykorye.
Scabiose.
Maydenheare.
Malowes.
Mercury.
The iuyce of pomegarnades.
Pourslane.
Poppy.
Barberyes.
Roses.
Violettes the leafe and flowre.
Sorell.
Lyuerworte.
Sorell de boyse.
Whay clarifyed.
The greate foure colde sedes, that is to saye, of gourdes, cucumbers, melones, and citruls.
Psilium.
Tyneger.
Saunders.
Barley water.
Prunes.
Tamaryndes.

¶ Pourgers of choler.

Wylde hoppes.

Worme

Wormewode.
Centory.
Fumitory.
Whay of butter.
Violettis.
Mercury.
Juyce of Roles.
Prunes.
Eupatory.
Tamarindes, halfe an ounce in a decoction.
Manna. vi. drammes, at the leaste, and soo to xxv. in the brothe of a henne or capon.
Reubarbarū by it selfe frome two drammes, vnto foure, infused or stiped in lycour, frome viii. drāmes vnto. viii.

¶ Digestyues of fleume.

¶ Fenelle
Persely, the rootes,
Smallage.
Capers.
Lawrell.
Hynuy.
Puly.
Maioram.
Penyroyall.
Wylde parsnyp sede.
Wynt.
Pympernell.
Horsemynt.
Gladen.
Agrymony.
Calamynt.
Nep.
Betayne.
Sauge.
Radysshe.
Mugworte.
Junyper.
Hyssope.
Pyony.
Baulme.
Hompe.
Synger.
Squilla.
Tristolochia.
Cynamome.
Pepper.
Cumyne.

¶ Pourgers of fleume.

¶ Centory.
Nettyll.
Agrymouye.
Alder.
Polypodiū of the oke.
Myrabolani kebuly, infused frome halfe an ounce to an ounce,

and two dzammes. In
substaunce, frome two
dzammes, to halfe an
ounce.
Agaricus, frō a dzāme
to two dzammes, in-
fused from.ii.dzammes
to fyue.
Yzcos.
Maydenheare.
Sticados.

¶ Pourgers of
melancoly.

¶ The bzothe of cole-
wozts, lyght boyled.
Baulme mynte.
Sticados.
Tyme.
Seene, boyled in white
wyne, oz in the bzothe
of a henne.
Lased sauery.
Erthimus.
Unwzough syke.
Ozganum.
Calamynt.
Bozage.
Hartis tunge.
Quyckbeme.
Maydenheare.
Mythwynde.
Pulyall mountayne.
Hony.
Sugar.

¶ Melancolye foz the thynnesse and subtylnesse of the humour, nedeth no dygestyue.

¶ They whyche wyll take sharper purgations, oz compounde with dyuers thynges, lette theym take the counsayle of an honest and perfyte phy-
sytion, and not aduenture to myxte thynges to-
gyther, withoute knowynge the temperaunce of theym in degrees, and that he canne pzopozcyon theym to the bodye, that shall receyue theym in symples, as they be wzytten. And so he maye vse theym withoutē perylle, agaynste the humours, wher vnto they serue.

Lettynge

Lettynge of bloudde. Cap. 6.

The parte of Euacuation by lettynge of bloudde, is incysyon or cuttynge of the veyne, wherby the bloud, whiche is cause of syckenesse or griefe to the hole bodye, or anye partycular parte therof, dothe moste aptly passe. The commodities wherof, beynge in a moderate quantitie, and in a due tyme taken, be these that folowe, it clarifieth the wytte, and maketh good memorye, it clenselthe the bladder, it dryeth the brayne, it warmeth the marowe, beynge in the bones, it openeth the hearynge, it stoppeth teares or dropppynges of the eyen, it taketh awaye lothsomnesse, and confyrmeth the stomake, it nourysheth that, whyche is proper to nature, and the contrary expelleth. It is thought, that therby lyfe is prolonged, and the mattier makynge sycknesse shortely consumed. Wherfore lettynge of bloudde is not only expedient for theym, whyche are fulle of bloudde, or haue aboundaunce of strengthe, but also for theym, in whome, without plenytude, callyd fulnesse, inflammations begynne to be in theyr bodyes, or by some outeward strooke, the bloudde beynge gatheryd within, by collection thereof, doo kecle gryefe or dysease. Also where there is moche peyne felte, or debylitie of some member, wherof is supposed to be ingendred some greuous dysease. Moreouer they, whyche vse excesse of meates and drynkes, maye be cured by lettynge of bloudde. But those, whyche be temperate, keppynge good dyete, be holpen without lettynge of blode: as by fricacies, vsynge of bathes, exercyse walkynge,

Arnoldus de villa noua.

Oribasius in medicine compendio.

and rydynge moderately. Also vnctions with oyles and oyntementes called, Diaphoreticæ, whyche by euapozation, do shortely euacuate the fulnesse. All be it, yf the fulnesse be of melancoly bloudde, than alwaye nedes muste be lettynge of bloudde. Aboundaunce of melancoly bloudde is knowen by these sygnes. There is felte in the entrayles, or within the bouthe of a manne or woman, a weyghtynes with tensyon or thrustynge outewarde. and all that parte, whyche is aboue the nauell, is more heuy than it was wonte to be. Also moche vryne and fatty, the residence or bottome, thycke, troublous, and fatte, sommetyme blacke pouches or boyles, with inflamation and moch peyne. These must be shortly lette bloudde, and the melancoly humour also purged by siege. They, whyche haue crude or rawe humoures, muste be warely lette bloudde, before that sycknesse ingender, but hauyng the feuer, in no wyse.

Aetij. li. 3. Concernynge lettynge of bloudde, these thynges folowynge, wolde be had in contynuall remembraunce, and be afore thought on. In abundance of the bloudde, the qualytie and quantitie, the greatnesse of the syckenes, and yf it be presente, or loked for. also the dyet precedynge, the age and strengthe of the persone, the naturall fourme of his bodye, the tyme of the yere, the region or coũtrey, the present state of the ayre, the disvse of accustomed exercyse, the ceassynge of euacuations vsed before. In qualitie consyder, of what humour the fulnesse procedeth. In quantitie the aboundance of that, whyche is to be pourged. In sycknesse, yf it be daungerous or tollerable: if the sycknesse be present, it requyreth the more dily-

gence

gence: if it be loked for, it may be the better pro- Celsus. 2.
portioned. In dyete, the custome in eatynge and
drynkyng, must be specially noted. In yonge men
and women, lettynge of bloudde wolde be more
lyberall. In olde menne and yonge childerne, it
wolde be scarser: stronge men maye susteine ble-
dynge, they whyche are feble, may not endure it:
Large bodyes haue greatter vessells, than they,
which be litle, leane men haue more blod, corpo-
rat men haue more flesshe. The tyme of the yere must
be specially marked. For in the begynnynge of Oribas. sup
sprynge tyme, it is beste lettynge of bloudde, as Arnold. de
Oribasius sayethe, and so dothe continue, after uilla noua
the opinyon of Arnolde, vnto the eyght calendes de flobo-
of June. Aetius affirmeth, that in wynter, or in thomia.
a colde countrey, or where the persone is of a ve- Io. Damas.
ry colde nature, the veynes shuld not be opened. in ar. med.
And Damascene sayethe: They whiche in youth
haue vsed to be moche lette bloudde, after they
be thre score yeres olde, their nature wareth cold
and naturall heate is in them suffocate, specially
yf they were of a colde complexyon, but that is
to be vnderstande, where they that are in helthe,
are often let bloude. For in the lapse from helthe,
and in dyuerse diseases, wherein the bloudde is
corrupted, or where it ingendreth impostumes,
or resorteth to any place, where it oughte not to
be, or passeth by any other cundyte, than nature
hath ordeyned, or where it is furyouse or infla-
med, or by any other meanes breedeth greuouse
dyseases, in all these cases it oughte to be practy-
sed, ye sometyme in aged persons, women with
chyld, and yonge infantes. For in extreme neces-
sitie, it were better experyence some remedy, than
to

and two drammes. In substaunce, frome two drammes, to halfe an ounce.
Agaricus, frō a dr. ime to two drammes, infused from .ii. drammes to fyue.
Yreos.
Maydenheare.
Stecados.

¶ Pourgers of melancoly.

¶ The brothe of colewortes, lyght boyled.
Baulme mynte.
Stecados.
Tyme.
Sccne, boyled in white wyne, or in the brothe of a henne.
Laced sauery.
Ethimus.
Unwrough lythe.
Organum.
Calamynt.
Borage.
Bartis tunge.
Quyckbeme.
Maydenheare.
Wythwynde.
Bulyall mountayne.
Hony.
Sugar.

¶ Melancolye for the thynnesse and subtylnesse of the humour, nedeth no dygestyue.

¶ They whyche wyll take sharper purgations, or compounde with dyuers thynges, lette theym take the counsayle of an honest and perfyte physytion, and not aduenture to myxte thynges togyther, withoute knowynge the temperaunce of theym in degrees, and that he canne proporcyon theym to the bodye, that shall receyue theym in symples, as they be wrytten. And so he maye vse theym without perylle, agaynste the humours, wherunto they serue.

Lettynge

¶ Lettynge of bloudde. Cap. 6.

The parte of Euacuation by lettynge of bloudde, is incysyon or cuttynge of the veyne, whereby the bloud, whyche is cause of syckenesse or greefe to the hole bodye, or anye partycular parte therof, dothe moste aptly passe. The commodities wherof, beynge in a moderate quantitie, and in a due tyme taken, be these that folowe, it clarifieth the wytte, and maketh good memorye, it clenseth the bladder, it dryeth the brayne, it warmeth the marowe, beynge in the bones, it openeth the hearynge, it stoppeth tearres or droppynges of the eyen, it taketh awaye lothsomnesse, and confyrmeth the stomake, it nourysheth that, whyche is proper to nature, and the contrary expelleth. It is thought, that therby lyfe is prolonged, and the matter makynge sychenesse shortely consumed. Wherfore lettynge of bloudde is not only expedient for theym, whyche are full of bloudde, or haue aboundaunce of strengthe, but also for theym, in whome, without pleynytude, callyd fulnesse, inflammations begynne to be in theyr bodyes, or by some outewarde strooke, the bloudde beynge gatheryd within, by collection thereof, doo feele greefe or dysease. Also where there is moche peyne felte, or debylitie of some member, wherof is supposed to be ingendred some greuous dysease. Moreouer they, whyche vse excesse of meates and drynkes, maye be cured by lettynge of bloudde. But those, whyche be temperate, keppynge good dyete, be holpen without lettynge of blode: as by fastynges, vsynge of bathes, exercyse walkynge,

Arnoldus de villa nous.

Oribasius in medicine compendio.

and tydynge moderately. Also vnctions with oyles and oyntementes called, Diaphoreticæ, whyche by euapozation, do shozely euacuate the fulnesse. All be it, yf the fulnesse be of melancolye bloudde, than alwaye nedes muste be lettynge of bloudde. Aboundaunce of melancoly bloudde is knowen by these sygnes. There is felte in the entrayles, oz within the boutke of a manne oz woman, a weyghtynes with tensyon oz thzustynge outewarde. and all that parte, whyche is aboue the nauell, is moze heuy than it was wonte to be. Also moche vryne and fatty, the resydence oz botome, thycke, troublous, and fatte, sommetyme blacke pouches oz boyles, with inflamation and moch peyne. These must be shortly lette bloudde, and the melancoly humour also purged by siege. They, whyche haue crude oz rawe humoures, muste be warely lette bloudde, before that sycknesse ingender, but hauyng the feuer, in no wyse.

Aetij. li. 3. Concernynge lettynge of bloudde, these thynges folowynge, wolde be had in contynuall remembzaunce, and be afoze thought on. In abundance of the bloudde, the qualytie and quantitie, the greatnesse of the syckues, and yf it be pzesente, oz loked foz. also the dyet pzecedynge, the age and strengthe of the persone, the naturall fourme of his bodye, the tyme of the yere, the region oz coũtrey, the pzesent state of the ayze, the dispose of accustomed exercyse, the ceassynge of euacuations vsed before. In qualitie consyder, of what humour the fulnesse pzocedeth. In quantitie the abundance of that, whyche is to be pourged. In sycknesse, yf it be daungerous oz tollerable: if the sycknesse be pzesente, it requyzeth the moze dily-

gence

gence: if it be loked for, it may be the better pro- Celsus.2.
portioned. In dyete, the custome in eatynge and drynkyng, must be specially noted. In yonge men and women, lettynge of bloudde wolde be more lyberall. In olde menne and yonge childerne, it wolde be scarcer: stronge men maye susteine bledynge, they whyche are feble, may not endure it: Large bodyes haue greatter vesselles, than they, which be litle, leane men haue more blod, corporat men haue more flesche. The tyme of the yere must be specially marked. For in the begynnynge of sprynge tyme, it is beste lettynge of bloudde, as Oribasius sayethe, and so dothe continue, after the opinyon of Arnolde, vnto the eyght calendes of June. Aetius affirmeth, that in wynter, or in a colde countrey, or where the persone is of a very colde nature, the veynes shuld not be opened. And Damascene sayethe: They whiche in youth haue vsed to be moche lette bloudde, after they be thre score yeres olde, their nature wareth cold and naturall heate is in them suffocate, specially yf they were of a colde complexyon, but that is to be vnderstande, where they that are in helthe, are often let bloude. For in the lapse from helthe, and in dyuerse diseases, wherein the bloudde is corrupted, or where it ingendreth impostumes, or resorteth to any place, where it oughte not to be, or passeth by any other cundyte, than nature hath ordeyned, or where it is furyouse or inflamed, or by any other meanes breedeth greuouse dyseases, in all these cases it oughte to be practysed, ye sometyme in aged persons, women with chyld, and yonge infantes. For in extreme necessitie, it were better experyence some remedy, than

Oriba. sup Arnold. de ussla noua de flobotomia. Io. Damas. in ar. med.

to

to doo nothynge. All other thynges concernynge this matter, perteyne to the part curatyue, whyche treateth of healynge of sycheneſſe, wherof I wyll not nowe speake, but remytte the reders to the counsaile of dyscrete physytions.

¶ Of sacrifyenge called boxynge or cuppynge. Cap. 7.

Galenus. Actiꝰ. li. 3.

FOrasmoche as it is not conueniente, to be lette bloudde oftentimes in the yere, bycause moche of the vital spirite passeth forth with the bloudde, whyche beynge exhauste, the bodye waxeth colde, and naturalle operations become the more feble, I therfore doo counsayle (sayth Galene) that the base partes of the bodye, as the legges, be scarified, whiche is the mooste sure remedy, as well in conseruyng helthe, as in repayrynge therof, beynge decayed. For it cureth the eyen beynge anoyed with longe dystillations. It profyteth also to the head, and ouer parte of the body, agaynst sondry diseases. In what member the bloudde is gathered, the bodye beynge fyrste purged by scarification, the grefe maye be cured.

Oribasius in medicis de compē. Also Oribasius affirmeth the same, and also addeth therto, that it helpeth squynances, or quynces in the throte, and dyssolueth the constipations or stoppynges made of all places, yf the places be scarified: not withstandynge applycation of boxes about the stomake, in hot feuers, where reason is troubled, are to be eschued, for feare of

Aetius. suffocation. Likewise put to the head vndiscretely, it hurteth both the head and the eies. The late authors do affirme, that scarifieng is in the stede

of

of lettynge bloudde, where for age, debilitie, or tyme of the yere, or other lyke consyderation, a man maye not susteyne bloudde lettynge, and is bryngeth forth the thynne bloudde, which is next to the skynne.

¶Of bloud suckers or leaches. Cap. 8.

There is also an other fourme of Euacuation by wormes, founde in waters callyd bloudde suckers or leaches, whiche beyng put vnto the body or membre, do draw out blode. And their drawynge is more conuenyent for fulnesse of bloudde than scarifyenge is, forasmoche as they fetche bloudde more deper, and is more of the substance of bloude, yet the opinyon of some men is, that they do drawe no bloudde but that, whyche is corrupted, and not proporcionable vnto our body. And therfore in grefes, whiche happen betwene the skynne and the flesshe of bloude corrupted, these are more conuenyent than scaryfyenge. But before that they be putte vnto anye parte of the bodye, they muste be fyrste kepte all one day before, gyuyng vnto them a lyttell blode in freshe flesshe. And than putte theym in cleane water, somewhat warme, and with a spounge wype awaye the slyme, whiche is aboute theym, and than laye a lyttell bloudde on the place greued, and putte theym thanne to it, and laye on theym a spounge, that whan they be fulle, they may falle awaye. or yf ye wyll sooner haue them of, putte a horse heare betweene theyr mouthes, and the place, and drawe theym awaye, or putte to theyr mouthes, salte or asshes, or vyneger, and forthe

Oribasius in medicinę compē.

forthewith they shall falle, and than walsche the place with a spounge, and yf there do yssue moch bloude, lay on the place the poulder of a spunge, and pytche bourned, or lynnen clothe bourned, or galles bourned, or the herbe callyd Bursa pastoris, bruysed. And this suffyseth concernynge bloude suckers.

¶ Of hemoroides or pyles. Cap. 9.

HEmorroydes be veynes in the fundement, of whom do happen sondry passions, sometyme swellynge without bledynge, someeyme superfluous bloudde by the puyssaunce of nature, is by theym expelled, and thanne be they very conuenyent, for by theym a man shall escape many great syckenesses, whyche be ingendred of corrupted bloudde, or of melancoly. Semblably, yf they be hastily stopped from the course, which they haue bene vsed to, thereby doo increase the sayde syckenesses, whyche by theym were expelsyd, as dropsyes, consumptions, madnesse, fransyes, and dyuers dyseases of the head, and other syckenesses, paleneſſe of the vysage, griefe in the raynes of the back, and thies. And yf they flowe to moche, there insueth feblenes, leanneſſe of the bodye, alteration of colour, greatte peynes in the lower partes of the body. And if the fluxe be vnmoderate, it engendreth myschcuous dyseases. Wherfore it wolde be diligently taken hede, that they runne in measure, or elles to vse some thynges moderately, whiche maye restrayne theym.

¶ Concernynge other euacuation, I doo purposely omytte to wryte of them in this place, for as moche

as moche as in this realme, it hath bene accompted not honeste, to declare theym in the vulgare tongue, but onely secretely.

¶ Of affectes of the mynde. Cap. 10.

The laste of thynges callyd not naturall, is not the leaste parte to be consydered, the whyche is of affectes and passions of the mynde. For yf they be immoderate, they doo not onely anoy the body and shorten the lyfe, but also they doo appayre, and sometyme lose vtterlye a mans estymation. And that moche more is, they brynge a man frome the vse of reason, and some tyme in the displeasure of almyghty god. Wherfore they doo not onely requyre the helpe of physycke corporalle, but also the counsayle of a man wyse and well lernyd in morall philosophye. Wherfore after that I haue recyted, what they be, I wyll bryefely declare suche counsayles, as I haue gathered. And as concernynge remedyes of phylyke, sauynge a fewe symples, whiche doo comforte the harte and spyrites, the residewe I wyll remytte to the counsayle of phisytions, lyke as I haue done in euacuation. Affectes of the mynde wherby the body is annoyed, & do bryngs in sycknes be these, Ire or wrathe, heuynes or sorowe, gladnesse, or reioycynge.

¶ Of Ire. Cap. 11.

Ire is kendlyd in the harte, inordynately chafynge the spirites there, and than is sent forth into the membres, and dothe superfluously heate

heate them, and disturbeth reason, where the bodyes be hotte afore, where natural heate is feble, the heate may not be dysperssed vnto the extreme partes, and than dothe the extreme membres, that is to say, whyche are farre frome the harte, remayne colde and tremblynge. Of this affection commeth sometyme feuers, sommetyme apoplexies, or pryuation of sences, tremblynge, palseys, madnesse, fransyes, deformytie of vysage: and that wars is, outragious swearynge, blasphemye, desyre of vengeance, losse of charitie, asnytie, credence, also forgetfulnesse of benefytte precedynge, and of obedyence, duetie, and reuerence. There also do succede, contentyon, chargeable suite, vnquyetnes of mynde, lacke of appetyte, lacke of slepe, feble digestion, scorne, dysdayne, and hatred of other, with perylle of lossynge of all good reputation. These incõmodyties of Ire, perfytely had in remembraunce, and at the fyrst motion therof one of theym thoughte on, maye happen to bynge in his felowes, and therby the flame maye be quenched, or lette hym that is angry, euen at the fyrste consyder one of these thynges, that lyke as he is a man, soo is also the other, with whome he is angrye, and therfore it is as lefulle for the other to be angrye, as vnto hym, and yf he soo be, than shall that anger be to hym displesant, and stere him more to be angry. wherby it appereth, that Ire is to him lothsome. If the other be pacient, than lette hym abhorre that thyng in hym selfe, the lacke whereof, in the other contenteth hym, and asswageth his malyce. Moreouer, let hym before, that occasyon of Ire dothe happen, accustome hym selfe to be-

hold

beholde and marke welle theym that be angrye, with the succesſe of that anger, and rumynate it in his mynde, a good ſpace after. And in that tyme, let him remember, howe Chriſte, the ſonne of God, and God, who (as he him ſelfe ſayde) mought haue had of God his father, yf he wolde haue aſked theym, legyons of aungelles, to haue defended him, ye with laſſe thā a wynke mought haue ſlayne all his aduerſaries, yet he not withſtandynge, rebuked, ſcorned, falſly accuſed, plucked hyther and thyther, ſtrypped, bounden with halters, whyppped, ſpytte on, bufeted, crowned with ſharpe thorne, laded with a heuye piece of tymber, his owne proper tourment, halyd, and dryuen forth lyke a calfe to the ſlaughter howſe, eftſones beaten and ouerthrowen, retched forthe with roopes, armes and legges layde on the Croſſe, and therunto with longe yron nayles throughe the handes and feete nayled, with many ſtrookes of hammers, with manye pryckynges, or euer the nayles moughte perce by his tender and moſte bleſſed fleſche and ſynewes, quyte throughe the harde tymber, vppe to the heades of the nayles, and all this beynge doone for the offence of Mankynde, and not his: yet with the men, whyche dydde it, his moſt vnkynd countreymen, his moſte vnnaturall kynnefmen, whome he fyrſte made of nothynge, preſerued by myracles, delyuered frome perylles, and cured of dyſeaſes, in all his vexation and trouble, he was neuer ſene or perceyued angry. If one wyll ſay, that anger is naturall, let hym alſo conſyder that in Chryſtes manhoode were all naturalle powers. If he wylle ſaye, that Ire is token of

courage

courage, and in Chriſte it lacked not, whom both aungelles and dyuelles trembled and feared. The premyſſes often reuolued, and borne in the mynde, I wyll not ſaye, ſhall vtterly extincte all motions of wrathe, whiche is not poſſyble, but it ſhall, whan it kyndleth lyghtly repreſſe it, and let that it ſhall not growe into flame. And in ſpeakyng here of wrathe, I do not meane that, whiche good men haue againſte vices: or wyſe and diſcrete gouernours and maiſters, againſte the defautes or negligences of theyr ſubiectes or ſeruauntes, vſed in rebukynge theym, or moderatly punyſchynge them. For that is not proprely yre, but rather to be calyd dyſpleaſure, and is that wherof God ſpeaketh by his prophete Dauyd, ſayeng: Be you angry and do not ſynne. And that maner of anger, hathe bene in dyuers holye men, prophetes, and other. And it appered in Chriſte whan he draue out them, which made theyr market in the holy temple of god, where there ought to be nothynge but prayer. And in lykewyſe whā he rebuked the hypocrites. But yf none of theſe thynges may come ſo ſhortly to his remembrāce, that is meued with anger, at the leaſte lette hym thynke on the leſſon, that Appollodorus the philoſopher taughte to the Emperour Octauyan, that before he ſpeake or do any thynge in anger, he do recyte in order, al the letters of the A.B.C. and remoue somwhat out of the place that he is in, and ſeke occaſyon to be otherwyſe occuppyed. This ſhall for this tyme ſuffyſe, for the remedies of Ire. And he that wyl know more of this matter, let hym reade in my warke, callid the Gouernour, where I therof do write more abundantly.

Pſal. 4.
Geneſ. 31.
Exod. 32.
Leuit. 10.
Marc. 11.

Of dolour or heuynes of mynde. Capitulo. 12.

There is noothynge moze ennempe to lyfe, than ſozowe, callyd alſo heuyneſſe, foz it exhauſteth bothe natural heate and moyſture of the bodye, and dothe extenuate oz make the body leane, dulleth the wyt, and darkneth the ſpyzites, letteth the vſe and iugement of reaſon, pro. 17.25
and oppzeſſeth memozy. And Salomon ſaythe, Eccl. 25.38
That ſozowe dzyeth vp the bones And alſo lyke as the mothe in the garmente, and the wourme in the tree, ſoo dothe heuyneſſe annoye the harte of a man. Alſo in the boke callyd Eccleſiaſticus. Sozowe hathe kylled manye, and in it ſelfe is founde no commoditie. Alſo by heuyneſſe dethe is haſtened, it hydeth vertue oz ſtrengthe, and heuyneſſe of harte boweth downe the necke.
This is ſoo puiſſaunt an ennempe to nature and bodyly helth, that to reſyſte the malyce and vyolence therof, are requyzed remedyes, as welle of the holſome counſayles founde in holy ſcripture, and in the bokes of mozal doctrine. As alſo of certayne herbes, fruytes, and ſpyces hauynge the pzopertye to expelle melancolycke humours, and to comfozte and kepe lyuely the ſpirytes, whiche hauc theyz pzopze habitation in the hart of man, and moderate nourysshynge of the naturall heate and humour, callyd radical, whiche is the baſe oz foundation, wherevppon the lyfe of man ſtandeth, and that faylyng, lyfe faliyth in ruyne, and the bodye is dyſſolvyd. Nowe fyrſte I wylle declare ſome remedyes agaynſte ſozowfulneſſe of harte, concernynge neceſſarye counſayle.

Sometyme this affecte hapeneth of Ingratitude, eyther where for benefytte, or specyall lou employed, oone receyueth damage or is abandoned in his neceſſitie, or is deceyued of hym, whom he truſted, or fyndeth hym, of whome he hathe great expectation, forgetfull or neglygent in his commoditie, or perceyueth the perſone, whome of longe tyme he hathe loued, to be eſtraunged frome hym, or to haue one of later aquayntance in more eſtimation. This affection nyppeth the harte, ye of moſte wyſe men, for they loue mooſte hartily, not prouoked by carnalle affection, but rather by good opinion, ingendred by ſimilytude of honeſt ſtudies, and vertuous maners of longe tyme mutually experienced. And it is not onelye vnto man greuous, but alſo vnto god moſte dyſpleaſant and odyouſe, as it is aboundauntly declared in ſcrypture. Wherfore the perſon, which feleth hym ſelfe touched with this affecte, before that it groweth into a paſſion, and waxeth a ſickneſſe, lette hym calle to remembraunce theſe artycles folowynge, or at the leaſte wayes ſomme of theym. For euerych of theym maye eaſe hym, though perchaunce they can not forthewith perfytely cure hym.

Counſayles againſt igratitude.

¶ Conſyder, that the corruption of mans nature is not ſoo moche declared in any thynge, as in Ingratitude, wherby a man is made warſe, than dyuers brute beaſtes. The lyttelle ante or emote helpeth vp his felowe, whome he ſeeth ouerthrowen with burdeyne, or by other occaſion. Alſo whan olyphantes do paſſe ouer any greatte water, the greatteſt and moſte puiſſaunt of them deuyde them ſelues, and ſettynge the weakeſt in

Appianus in uaria hiſtoria.

the

the myddell, part go before, trienge the depenesse and perylles, parte come after, succourynge the weakest or leaste, with theyr longe noses, whan they see them in danger. The same beastes haue ben seene not onely bryngе men oute of desertes, whiche haue lost theyr wayes, but also reuenge the dyspleasures done to theym, the whiche geue theym meate, as one that slewe hym, which had committed aduoutry with his maysters wyfe.

The terryble Lyons and Panthers, haue bene seene in theyr manер, to render thankes to theyr benefactours, ye and to obiecte theyr owne bodyes and lyues for theyr defence. The same we maye daylye beholde in oure owne dogges.

Than in whome thou fyndest the detestable vice of Ingratytude, reputynge hym amonge the warste sorte of creaturcs, thynke not that thou haste looste a frende, but thynke that thou arte delyuered frome a monster of nature, that deuoured thy loue, and that thou arte nowe at lybertie, and haste wonne experience to chese the a better. But yf this maye not suffyse, thanne eftesoones consyder, that yf thou loke welle on thy selfe, perchaunce thou mayst fynde the faute, whereof thou complayneste, within thyne owne bosome. Calle to thy remembraunce, yf thou hast alwaye rendred vnto euerye manne condygne thankes or benefytte, of whom thou haste kyndnesse receyued, or yf thou hast alway remembred, euery one of them, that haue doone to the any cõmoditie or pleasure. Thou shalte welle perceyue, that what thynge thou receyuedst in chyldehode, thou forgattest or dyddest lyttell esteme, whanne thou camest to the state of a manne. And what

Seneca de benefi. 7.

thou dyddest remember in youth, in aege, thou dyddest lyttell thynke on: thy nouryces pappe, her rockynges, watchynges, thou hast not alway remembred, or equally recompensed. Thy scoole maysters studye, his labour, his diligence in a lyke degree, thou haste not requyted. What greatter frendes haste thou had, of whome thou couldest receyue any greatter benefites, than thy nouryshynge and preseruynge of thy lyfe, in thy moste feblenesse, thyne erudytion, wherby thy nature was made more excellent. Remembrynge this, leaue to be angry or sorowfull, for so cõmon a vyce: yet if it ceasse not to greue the, conferre the ingratitude that dothe vexe the, with that ingratitude, whiche was shewed by the Israelites, whome god chase for his owne people, deliuered from seruage, shewed for theym wonders, preserued them fourty yeres in deserte, distroyed for them kynges, gaue to them the countrey, whyche flowed mylke and hony, defended them agaynste all outwarde hostylytie, sent vnto them suche abundance of ryches, that syluer was in Hierusalem, as stones in the strete, had his tabernacle, and afterwarde his mooste holye temple amonge them, whiche he dyd dayly vysyte with his dyuyne maiestie, made theyr kynges to reygne gloryously, and spake with theyr prophetes familyarly, and corrected theyr errours moste gentylly: and yet for all this, they, imbracyng the paynyms ydolatrye, they lefte soo gracious and louynge a lorde, and lyuynge god, and to his greate despite, gaue dyuine honours, to calfes of braſſe, and other monstruous ymages, and at the laste put to moste cruell deth, the onely sonne of god,

that

hat hadde done so moche for them.

And yf we chrysten men doo loke well on ourselues, reuoluynge the incomparable benefytte, whyche we haue receyued by Chrystes passyon, and consyder the circumstaunce of his moste excellent pacience, and mooste feruent loue towarde vs, with our forgetfulnes, and the dayly breache of our promyse, whyche we made at oure baptysme, conferryng our mutuall vnkyndnes therevnto, there shal appere no ingratitude, that shuld offende vs. Fynallye for a conclusion, beholde well aboute the, and thou shalte all dayes fynde the chylderne ingrate to theyr parentes, and wyues to their husbandes. And wyte thou looke that thy benefytte, or vayne expectation, shoulde make the more fre from ingratitude of thy frende whome chaunce hath sent the, than nature maye the parentes towarde theyr chylderne, or the coniunction of bodyes by lefulle mariage, take vnkyndnesse from the wyues towarde the husbandes. This vyce therfore of Ingratitude, beynge so common a chance, make no worldly frendshyp so precious, that lyfe or helth therfore shulde be spente or consumed. I haue ben the lenger in this place, bycause I haue hadde in this griefe sufficient experience.

¶ If deathe of chylderne be cause of thy heynesse, calle to thy remembrance some chyldern (of whome there is no lyttell noumber (whose lyues eyther for vncorrygyble vyces, or infortunate chaunces, haue bene more greuous vnto theyr parentes, thanne the deathe of thy chylderne oughte to be vnto the: consyderynge that deathe is the dyscharger of all greefes, and myseryes, Deathe of chyldern.

and to theym that dye well, the fyrste entrie into lyfe euerlastynge.

Losse of goodes.

¶ The losse of goodes or authorytie doo greue none but fooles, which do not marke dyligently, that lyke as neyther the one nor the other dothe alway happen to theym that are worthy, soo we haue in dayly experience, that they fall from him sodeynly, who in increasynge or keppynge theym seemeth moste busye.

Lacke of promotion

¶ Oftentymes the repulse frome promotion is cause of dyscomforte: but than consyder, whyther in the opinion of good men, thou art demed worthy to haue suche aduauncement, or in thyne owne expectation & fantasy. If good men so iuge the, thanke thou god of that felicitie, and laughe at the blindnes of them, that so haue refused the. If it procede of thyne owne folye, abhorre all arrogance, and inforce thy selfe to be aduanced in mens estimation, before thou canst fynde thy self worthy in thy propre opinion.

Chaunces of fortune.

¶ All other chaunces of fortune, esteme as noothynge, and that longe before they doo happen. The ofte recordynge of mysery, prepareth the mynde to fele lesse aduersitie. And the contempte of fortune is sure quyetnesse and mooste perfyte felycitie.

¶ This nowe shall suffise concernyng remedies of morall philosophy. Nowe wyll I wryte somwhat touchyng the counsaile of physike, as in releuyng the body, which eyther by the sayd occasions, or by the humour of melancoly, is brought out of temper.

¶ The fyrste counsayle is, that durynge the tyme of that passyon, eschewe to be angrye, studyous

dyoule, or solytarye, and reioyce the with melodye, or els be alwaye in suche companye, as beste may content the.

Auoyde all thynges that be noyouse in syghte, smellynge and hearynge, and imbrace all thynge that is delectable.

Flee darknes moche watche, and busynesse of mynde, moche companieng with women, the vse of thynges very hot and drye, often purgations, immoderate exercyse, thyrst, moch abstinence, dry wyndes and colde.

Absteyn from dayly eatynge of moche olde bieke or old mutton, hard chese, hares flesh, borcs flesh, venyson, saltefysshe, coolewortes, beanes, and peason, very course breadde, greatte fysshes of the see, as thurlepole, porpyse, and sturgeon, and other of lyke natures, wyne redde and thycke, meates beynge very salte or sowre, olde, burned, or fryed, garlyke, onyons, and lekes.

Use meates, whyche are temperatelye hotte, and therewith somewhat moyste, boyled rather than rosted, lyght of dygestyon, and ingendrynge bloudde clere and fyne. As mylke hotte frome the vdder, or at the leaste newe mylked, ruen chese, swete almondes, the yelkes of rere egges, lytle byrdes of the bushes, chyckens, and hennes. Wyne white or clarette, cleere and fragraunte. Swete sauours in wynter hot, in sommer colde, in the meane tyme temperate.

¶ Confortatiues of the harte hotte.
¶ Bourage the floure or leafe.
Buglose.
Baulme mynte.
Elycampane.
Cloues.
Cardamomum.
Rosemary.

Lignum alowes.
Muske.
Ambergryse
Saffron.
The bone of the harte of a redde diere.
Myntes.
The rynde of Citron.
Beene.
Bububes.
Balyse.

¶ Comfortatiues of the harte colde.

¶ Violettes.
Perles.
Coral.
The vnicornes horne.
Olde appulles whiche be good.
Roses.
Saunders.
The olyphantes tothe.
Water lylyes.
Coryander prepared.

¶ Confortatiues temperate.
¶ Jacincte.
Saphire.
Emeraudes.
Myrabolanes, callyd kebuli.
Bugloſſe.
Golde, ſyluer.

¶ Of Ioye.

IOye or gladneſſe of harte dothe prolonge the lyfe, it fatteth the bodye that is leane with troubles, bytynge the humours to an equalle temperance, and drawynge naturall heate outewarde. But if it be ſodeyne and feruent, it oftentymes ſleeth, for as moche as it draweth to ſodeynly and exceſſiuely naturall heate outewarde. And therfore dyuers men and women haue bene ſene to fall in a ſounde, whan they haue ſodeynlye beholde the perſons, whome they feruentlye loued. Ti. Liuius. ¶ A woman in Rome, heringe fyrſt, that her ſonne was ſlayne in battayle. After whan he came to her, ſhe ſtrynge hym alyue, imbracynge

eche

ethe other, the dyed in his armes. This welle conſydered, agaynſte ſuche inordynate gladneſſe, the beſte preſeruatiue is to remember, that the extreme partes of mundayne ioye is ſorowe and heuyneſſe: And that noothynge of this worlde, maye ſoo moche reioyce vs: but occaſyon maye cauſe it to be dyſpleaſant vnto vs.

¶ The dominion of ſondry complexions. Cap. 13.

It ſemeth to me not inconuenyent, that I do declare aſwell the counſayles of auncient and approued authors, as alſo myne owne opynion gathered by dylygente markynge in dayelye experyence, concernynge as well the neceſſary diete of euerye complexyon, age, and declination of helthe, as alſo the meane to reſyſte dyſcraſies of the body, before ſyckeneſſe be therein conſyrmed, leauynge the reſydue vnto the lubſtancyall lernynge and cyrcumſpecte practyſe of good phyſytions, whiche ſhall the more eaſylye cure theyr pacientes, yf theyr pacientes do not dyſdayne to beare away and folowe my counſayle.

¶ And firſt it ought to be conſydered, that none of the foure complexions, haue ſooly ſuch dominyon in one man or womans body, that no parte of any other complexion is therwith myxte. For whan we call a man ſanguine, cholerike, fleumatike or melancoly, we do not meane, that he hath bloudde only without any of the other humours, or choler without bloudde, or fleume withoute bloudde or melancolye, or melancolye withoute bloudde or coler. And therfore the man, whyche is ſan-

is sanguyne, the more that he draweth into age, wherby naturall moysture decayeth, the more is he coleryke, by reason that heate surmountynge moysture, nedes muste remayne heate and dryth. Semblably the cholericke manne, the more that he waxeth unto aege, the more naturalle heate in him is abated, and dryethe surmountynge naturall moysture, he becommeth melancolycke, but some sanguyne man hathe in the proporcyon of temperatures, a greatter myxture with choler, than an other hathe. Lykewyse the cholericke or fleumatyke man with the humoure of sanguyne or melancolye. And therefore late practysers of physyke are wont to calle men, accordynge to the myxture of theyr complexions, as sanguyne colerycke, fleumatike sanguyne. &c. Moreover, besyde the naturalle complexions, whyche man receyueth in his generation, the humours, whereof the same complexions doo consyste, beynge augmented superfluously in the body or membres by anye of the sayde thynges callyd not naturalle, euery of them do semblably augmente the complexion, whyche is proper vnto hym, and bryngeth vnequall temperature vnto the bodye. And for these causes, the sanguyne or fleumatyke man or woman, feelynge any discrasye by choler happed to theym by the sayde thynges, callyd not Naturalle, they shall vse the dyete described hereafter to hym, whyche is naturally colerycke. Semblably the cholericke or melancolycke manne or woman, haupnge anye dyscrasye by fleume, to vse the dyete of hym whyche is naturallye flewmatyke, alwaye remembrynge, that sanguyne and fleumatyke men haue more respecte vnto dryethe,

colds

choleryke and melancolye vnto moysture, and that alway as the accidentall complexion decayeth, to reco3te by lyttell and lyttel to the dyet, pertaynyng to his naturall complexion.

¶ The tymes appropried to euery naturall humour. Cap. 14.

But fyrst it must be consydered, that where the foure humours be alway in Man, and in some man cõmonly one humour is mo3e aboundaunt than an other naturallye, that is to saye, frome his generation. The sayde humours haue also peculyar tymes assygned to euery one of them, wherin eche of theym is in his moste power and force, as after ensueth, after the description of Soranus.

¶ Fleume hath moste puissance in wynter, from the. viii. Idus of November, vnto the. viii. Idus of Febzuary, wherby are ingendzed Catarres o3 reumes, the vuula, the coughe, and the stytche. This humour is parte in the head, parte in the stomacke. It hathe domynyon frome the thyzde houre of nyghte, vntyll the nynthe houre of the same nyght. Soranus. Ephesius.

¶ Blouddе increaseth in spzynge tyme from the viii. Idus of Febzuarye, vnto the. viii. Idus of May, wherof are ingendzed feuers, and swete humours, whiche doo shortly putrify, the power of this humour is aboute the harte, and hath domynyon from the. ix. houre of nyghte, vntyll the thyzde houre of the mo3nyng.

¶ Redde choler hathe power in sommer frome the. viii. Idus of Maye, vntyll the. viii. Idus of Au-

Auguste, whereby are ingendred hote and sharpe feuers, this humour is specially in the lyuer, and hath dominion from the thyrd houre of day, vntyll the .ix. houre of the same day.

Yelowe choler, wherof is ingendred the kleume of the stomake, is nourysshed in Autumne, which begynneth the. viii. Idus of Auguste, and dureth vnto the. viii. Idus of Nouember, and maketh shakynge feuers and sharpe, the blacke choler than increaseth, and than foloweth thyckenes of the bloud in the veynes. Blacke choler or melancoly moiste raigneth in the splene, and it rayneth from the .ix. howre of daye vntyll the thyrde howre of nyght.

¶ Peculyar remedyes against the distemperance of euery humour.

Soranus in arte medendi.

If the distemperance be of bloud, helpe it with thynges colde, sharpe, and dryye, for blouddé is moiste hote, & swete. If it be of redde choler gyue thynges colde, moiste, and swete, for redde coler is bytter and fyry. If it be of blacke coler, gyue thinges hot moist and swete, for black coler is sharpe & colde. If the disease be of salt kleume, gyue thynges swete hot and dry, thus sayth Soranus. Not withstandyng where there is abundance of colde kleume not mixte with coler, there thynges very sharpe and hotte be most conuenyent, as tarte vyneger with hotte roses and sedes or wynes stronge and rough, hony being sodden in the one and the other, or where choler is myxte with kleume, syrope acetose made with vyneger and sugar boyled, somtyme with herbes rootes,

or

or ledes, which may dissolue fleume and digest it,

¶ Dicte of them, vvhiche are of sanguine complexion. Capi. 15.

For asmoche as in sanguyne menne bloudde moste raygneth, whiche is soone corrupted, it shall be necessarye for them whyche are of that complexion, to be circumspecte in eatynge meate, that shortly wyll receyue putrifaction, as the more parte of fruytes, specially not beynge perfytely rype. also meates that be of yl iuyce, as fleshe of beastes to olde or to yonge, vdders of beastes, braynes excepte of capons and chyckens marowe of the backebone, moche vse of onyons, lekes, garlyke, moche vse of olde eygges, moche vse of rawe herbes, and all thynge wherin is excesse of heate, colde, or moysture, meates that be stale, fyshes of the fennes or muddy waters, and to moche slepe, as experyence sheweth.

¶ Diete of colerike persons. Cap. 16.

To them whiche be colerike, wing in theie natural temperature, and hauyng not frō their youth vsed the contrary, grosse meates moderately taken, be more conuenient, than the meates that be fyne, and better shal they digest a piece of good bieke, than a chikens legge. Choler of his propertie rather burning than wel digesting meates of light substance, not withstāding some gentilmen which be nicely brought vp in theyr infancy, may not so wel susteyn that diet as poore men, being the more part vsed to grosse meates. wherfore their diet must be in a tēperāce, as yonge bieke, olde veale, mutton, and venyson powdred

powdred, yonge geese, and such like, concernyng theyr complexion with meates like therevnto in qualitie and degree, accordynge to the counsayle of Hipocrates. And as he perceyueth choler to abounde, so to interlace meates whyche be colde in a moderate quantitie, and to alaye theyr wyne more or lasse with water, eschewynge hotte spyces, hotte wynes, and excessyue labour, whereby the bodye maye be moche chauffed. Also he maye eate oftener in the daye than any other: forasmuche, that there be suche distaunce betwene his meales as the meate before eaten be fully digested, whiche in some persone is more, in some lasse, accordyng to the heate and strengthe of his stomache, notynge alway, that the choleryke persone digesteth more meate than his appetyte desyreth, the melancolycke persone desyreth by false appetite more than his stomache maye digeste. And to a choleryke persone, it is righte daungerous, to vse longe abstynence: for choler, fyndynge nothynge in the stomache to concocte, it fareth than, as where a lyttell potage or mylke, beynge in a vessell ouer a great fyre, it is bourned to the vesselle, and vnsauerye fumes and vapours do yssue out therof. Lykewyse in a cholerike stomake, by abstinence, these inconueniences doo happen, humours adust, consumynge of naturall moysture, fumosities and stynkynge vapours, ascendynge vp to the head, wherof is ingendred duskynge of the eyes, head aches, hotte and thynne reumes after euerye lyttell surfette, and manye other inconueniences. Wherfore beside the opinion of beste lerned menne, myne owne peynefull experyence, also moueth me, to exhorte them, whyche be

of

of this complexion to eschewe moche abstinence, And although they be studyous, and vse lyttelle exercyse, yet in the mornynge to eate somewhat in lyttell quantitie, and not to study immediatly, but fyrst to sytte a whyle, and after to stande or walke softely, whyche vsynge these two yeres, I and also other, that haue longe knowen me, haue perceyued in my bodye a greatte alteration, that is to say, from yll astate to better. Alway remember, that yf any other humour do abounde in the cholerike persone, as fleume, or melancoly, than vntylle that humour be expelled, the dyete muste be correctiue of that humour, and therfore more hotte and fyne, than the naturall dyete before rehersed: but yet there wolde be alway respecte hadde to the naturalle complexion, some tyme sufferyng the person to eate or drynke that, whyche nature worlynge he frequently desyreth.

¶ Diete of fleumatike persones. Capitulo. 17.

It is to be remembred that pure fleume is properly colde and moyste, and lacketh taste. Salt fleume is myxt with choler, and therfore hath not in hym soo moche colde nor humyditie, as pure flewme hathe, and therefore it requyreth a temperaunce in thynges hotte and drye, whereby fleume is digested or expulsed. To fleumatike persons all meates are noysfull, whiche are verye colde, vyscous or slymy, fatte or soone putrified, eatynge moche and often, specyallye meates ingendrynge fleume, whyche be remembred in the table precedynge. All thynges be good, whyche

are hotte and dry, also meates and drynkes whi-
che be sowre: onyons also, and garlyke, mode-
rately vsed, is very commendable, in pure fleume
not myxte with choler, moche vsynge of salt, spe-
cially dryed. Pepper grosse beaten, and eaten
with meate, oughte to be with all fleumatyche
persons familyar, also gynger is right conueni-
ent, but not to be so frequentely vsed as a pepper,
forasmoche as the nature of pepper is, that be-
ynge eaten, it passeth through the body, heatynge
and comfortynge the stomake, not entrynge into
the veynes, or annoyeng the lyuer, which vertue
is not in gynger. Synger condyte, the whiche we
doo call grene gynger, specially condyd with su-
gar, yf it may be gotten, and also Mirabolanes,
callyd kebuly condite in India, be most excellent
remedyes agaynst fleume, also the herbes, which
are remembred afore in the table of dygestyues
of fleume, and the rootes of persely, fenel, yreos,
Elycampane, and carrettes be very commenda-
ble. Exercyse twyse in a day, the stomacke beinge
almoste emptye, so that sweate begyn to appere,
is very expedient, clensyng of the body frome all
fylthynesse, with rubbynge and wyppynge, often-
tymes with washynge, specially the head and
partes there aboute, moderate sweattyng in hot
bathes or stuffes is to this complexion necessary,
specyally whan they haue eaten and dronken ex-
cessyuely. The head and feete to be kepte frome
colde, and to dwell hygh and farre from moores
and marshes, is a rule ryghte necessarye, also to
abstayne frome eatynge herbes and rootes not
boyled, and generally frome all meates, whyche
wyll not be easyly dygested.

The

¶ The dyuyſion of melancoly, and the dyete of perſons melancolyke. Cap. 18.

MElancoly is of two ſortes, the one is cal-lyd naturalle, whyche is onely colde and dryc, the other is called aduſt or bourned. Naturall melancolye is (as Galene ſaythe) the reſydence or dregges of the bloudde: and there-foze is colder and thycker than the bloudde. Me-lancolye aduſte is in foure kyndes, eyther it is of naturall melancoly aduſte, or of the moze pure parte of the bloude aduſte, or of choler aduſte, or of ſalte fleume aduſte. But of all other, that melancolye is warſte, which is ingendred of cho-ler, fynallye all aduſte melancolye annoyeth the wytte and iugement of man. For whan that hu-mour is hette, it maketh men madde, and whan it is extincte, it maketh men fooles, forgetefulle, and dulle. The naturall melancolye kepte in his temperance, profyteth moche to true iudgemente of the wytte, but yet yf it be to thycke, it darke-neth the ſpirites, maketh one tymorous, and the wytte dulle. If it be myxte with fleume, it mor-tifieth the bloudde with to moche colde, where-foze it may not be ſo lyttell, that the bloudde and ſpirytes in theyr feruentneſſe, be as it were vn-bridelyd, whereof doo happen vnſtabienceſſe of wytte and ſlypper remembraunce, nor yet ſo mo-che, that by the weyght therof (for it is heuy, ap-prochynge nyghe to the erthe) that we ſeme to be alwaye in ſleape, and nede a ſpurre to pryche vs forwarde. Wherefoze it is ryghte expediente, to kepe that humour as thynne as nature wyll ſuf-fer it, and not to haue to moche of it.

Ex Marci-lio ficino de uita ſa-na.

¶ But nowe to the dyete pertaynynge to them, whome this humour annoyeth. The knowledge that melancolye reygneth, is oftentymes, heuynesse of mynde, or feare without cause, slepynes in the membres, many crampes without replecion or emptynesse, sodayne fury, sodayne inconstynencye of the tongue, moche solycitude of light thynges, with playnnesse of the vysage, and fearefull dreames of terrible vysyons, dreamynge of darkenesse, depe pyttes, or deathe of frendes or acquayntance, and of al thynge that is blache. The meates conuenient are they, whiche be temperatly in heate, but specially they that be moyste meates soone dygested, and they rather boyled than rosted, temperately myxt with spyces, milke hotte from the vdder, or late milked, is very conuenyent for that complexyon, sweete almondes blaunched, and almonde mylke, the yelkes of rere egges, and fynallye all thynges, whyche ingender pure blouddc, and all that is wrytten in the chappter of aege. All these be ylle for theym, wyne thycke or troublous, specially redde wyne, meates harde, dryc, very salte, or sowre, bourned meate, fryed meate, moche bieke, hares fleshe, beanes, roket, colewortes, mustard, radysshe, garlyke, excepte there be moche wynde in the bodye, for than is it very holsome, onyons, lekes, fynally all thynges whiche heateth to moche, keleth to moche, or dryeth to moche, also wrathe, feare, compassyon, sorowe, moche study or care, moche ydelnesse or reste, all thynge that is greuous to see, to smelle, or to heare, but most specially darknesse. Moreouer moche dyscnge of the bodye, eyther with longe watche, or with moche care

and

and tollynge of the mynde, or with moche lecherye, or moche eatynge and drynkynge of thynges that be hot and drye, or immoderate euacuation, labour, abstynence, thyrst, goynge in the ayre vntemperately hotte, colde, or drye, all these thynges do annoy them that be greued with any melancolye. It is to be dilygently consydered, that where melancolye happenythe of choler aduste, there meates whyche be hotte in warkyng, wold be wysely tempred, and drynkynge of hotte wynes wolde be eschewed: semblable cautele wolde be in sauoures. Not withstandynge moderate vse of smalle wynes, clere and well verdured, is herein verye commendable, the humour therby beynge clarykyed, and the spyrytes clensed, but the abuse or excesse therof, dothe as moche damage. Also it is ryghte expedyente, to put into wyne or ale, a gadde of syluer or golde, glowyng hotte out of the fyre, to temper hot meates with roses, vyolettes, saunders, rose water, bourage, buglosse, baulme callyd in latyne Melyssa, or the water of all thyee drounken with good wyne, whyte, or clarette, or made in a Julep with sugar, is wonderfull holsom, chewing of lyquyrys, or raisons of corance, is right expedient, but most of all other thynges, myrthe, good company, gladnes, moderate exercyse, with moderate feedyng. And thus I leaue to speake of dietes, aptely belongynge to the foure complexyons.

THE FOVRTH BOKE.

What cruditie is, and remedies therfore. Capitulo primo.



VVIL SOM what wryte of two diſcraſyes of the body, whiche w happē by the exceſſe or lack of thynges called not naturall, wherof I haue ſpoken before. The oone is callyd cruditie, the other laſſitude, whyche although they be wordes made of latyne, haupnge none apte engliſhe worde therfore, yet by the definitions and more ample declaracion of them, they ſhall be vnderſtande ſufficiently, and frome henſeforth vſed for engliſhe. But fyrſt it ſhal be neceſſary, to conſyder, that concoction is an alteration in the ſtomacke of meates and drynkes, accordyng to their qualities, wherby they are made lyke to the ſubſtance of the bodye. Crudytie is a vicious concoction of thynges receyued, they not beinge holly or perfitely altered. The cauſe therof is, ſometyme the diſtemperature of the ſtomake, ſomtime inflammations, ſomtyme matter congeled, or impoſtumes in the ſtomake, otherwhyle ingurgitacion of meate and drinke: or for the vicious qualitie of the ſame meates or drynkes, or the receyuynge therof oute of order, or lacke of exercyſe, or

Cōcoction what it is.

Cruditie what it is.

The cauſe of cruditie.

of

of conuenient euacuation. Galene sayth, that in crudite or vicious concoction it must be cõsydred, as well if the iuyce be vtterly corrupted, and may not be sufficiently concocte, as also yf it be in the way of cõcoction, for if it be corrupted, it must be expelled by sweate or vrine, yf it be halfe concoct, than muste suche thynges be mynystred as maye helpe to profyte concoction, haupnge regarde to the qualitie and temperaunce of the iuyce, that is to saye, whether it be thicke or thynne, fleumatyke or cholerike: whiche shall be perceyued by the diet precedyng, and also by other thinges named not Natural, for fleumatike meates eaten in great quantite or often, maketh fleumatike iuyce Lykewyse dothe lacke of conuenient exercise, to moche reste or ydelnesse, as cholerike meates and vehement labours do make colerike iuice in Sommer and melancolike iuyce in Autumne, specially where labours be continuall or long duryng. Also where labour is with moch sweat, there is the vrine more gros: where it is without sweat, ther is it thynner. Moreouer the colour and substance of the vrine, declarith the temperance of the iuice, whyche shall be hereafter declared in the table of vrynes. Semblably the colour of the bodye declareth the iuyce that is in it, for beynge whyter than it was wont to be, it sygnifieth aboundance of fleume, beyng more pale or yelow, it betokeneth excesse of coler, yf it be blacker, it sygnifieth melancoly, yf the yll iuyce be moche in quantitie and the bloud lyttell, the yll iuyce wolde be dygested and expelled with suche thynges as do serue for that temperature, but yf the bloud be moche, and the yll iuyce lyttell in quantitie, there wolde the

vayne be opened, and after ſuffrcient bleedynge, a conuenyent purgation gyuen, hauyng regarde aſwel of the quantite of the iuyce, as of the kind therof, in caſe that either for age or for timorouſnes ſe, a man wyll not be let bloudde, than muſte he be purged by ſiege in more abundance: But if he in whome is lyttell good bloudde, and moche yll iuyce, and feeleth a laſſitude or wearyneſſe in all his body, he ſhulde neyther be lette bloudde, nor receyue pourgation, nor yet labour or walke moche: but abyde in moche quiete, and aſſay to ſcleape moche, and receyue ſuche meates drynkes and medicines, whiche dothe attenuate or make thynne, cutte, and dygeſt groſſe humours, without vehement heate, wherof it is wrytten in the table of digeſtiues: in the number of whome is oxymell, beyng well made, or Acetoſus ſimplex, where the iuyce is moche cholerike or melancolik. Semblably capers with oyle and vyneger be prayſed of Galene. Whan there appereth in the vryne a reſydence lyght and whyte, than wyne whyte or clarette moderatly taken, helpeth to concoction, maketh good iuyce, and prouoketh vryne, than increaſe fryeations and exerciſe by lyttell and lyttell, and than let hym returne to his naturall dyete. In whom is aboundaunce of rawe iuyce, and outwardly feleth a laſſitude, to theym Galen counſayleth, the ſeconde or thyrde daye, to gyue Wheath, wherin Iſſope is boyled, and afterward to vompte. The mean to eſcape cruditie is to be dilygente in obſeruation of the counſels before wrytten, concernynge the thynges called not naturall, not moche dlynge meates that be very harde to concocte, alſo fatte meate and meates

Gal. ſum. lib. 6.

tes longe kepte, also corrupted or stinkyng, swete fruites, and banketteyng dyshes, hasty feedynge without good chewynge, also moche or very ofte drynkynge at meales, very moche heate, or very moche colde after meate.

¶ Furthermore it muste be consydered, that all thinges whiche bryngeth greke to the body, is ingendred eyther of to moch abundance of iuyce, or of the vycious qualitie therof. He that is sycke of abundance, the dyete of hym holly consysteth, in reducynge the iuyce to a conuenyente quantytie. He that is greued with the vycious qualytie of the iuyces, his order resteth in makynge the iuyces equalle in temperature. Moze ouer, where that whyche passeth oute of the bodye, is lesse than that, whyche is receyued into the body, there hapneth syckenesse, whyche commeth of abundaunce. In the whyche case it oughte to be dyligently forsene, that there be obserued a conuenient meane of meates and drynkes, in respect of that whiche is expelled out of the bodye, whiche may be done if the quantitie of eche of theym be wysely consydered. And where aboundaunce is, there the quantitie or qualitie, or both be tempred. Alway remember, that of crude iuyce be diuers kyndes, some be colde and flemmatike, some be hotte and cholerike, other be moze thynne and watry, some of blacke colee or melancolike. They whiche do abounde in any of them, must absteyn from suche meates and drynkes, whyche doo ingender suche iuyce as dothe annoy theym: those meates and drynkes be declared in tables prefe dynge. Aetius also wolde that he shoulde drynke a draught of colde water, affirmyng, that therby

Aetius sermone. 9.

the stomacke beinge corroborate, dryueth oute of him downe into the bealy, that which cleueth fast to it. I my self vsyng to drink fasting, very small biere or ale, whan I haue bene in that case, haue founde ease by it. Paulus Aegineta wylleth, that at the begynnyng, the legges and armes shuld be rubbed with a course lynnen clothe, the legges downewarde to the fete, the armes to the toppes of the fingers, and whan they be wel chauffed, thā to rubbe them agayne with some oyle, that dothe open the poores, and discusse the vapours, as oyle of camomyll, oyle of anete, and other lyke. he prayseth moche Pulse, or the water of hony, specially if som Isope be boyled in it. Galen, and all other do agre, that in this case Pepper bruysed and eaten with meate, is very expedient: And where there is moch wynde in the stomake, than to eate all tymes of the day of the medicine made of the thre kyndes of pepper, time, anyse sede, and hony clarified, which is called Diatrion piperēō or that whyche is callyd Diaspoliticon, or Diapiganon, whyche is made of cummyne stieped one day and a nyght, or lenger, in tarte vyneger, and after fryed or layde on a burnyng hot stone, and made in powder, also pepper and rewe dried somewhat, and made into poulder, all in equall portions, and myxte with clarified hony. Galene addeth therto salt peter, callyd in latyn Nitrum. The confection made with the iuyce of quynces, is callyd Diacytonīten, is very excellēt. But it is to be diligently noted, that where cruditie is in a cholerike persone, there wolde the sayde medycynes be temperately vsed, and the said Diacytonīten, to haue lyttel or no spices in it. And for my

parte

parte, beynge of a cholerike humour myxte with fleume, many yeres continually in cruditie, I neuer founde any thyng better than fyne Reubarbe chewed with raysons of cozens, which I toke by the counsayle of the wozshypfull and well lerned phisition, mayster Doctour Augustyne, who in his maners declareth the gentilnesse of his auncient bloudde, whyche medicyne I doo not leaue to vse dayly fastynge, whan I fele suche cruditie to begynne. Also syzope acetose, that is to saye, sugar sodden in pure vyneger, and lyttell water, vntyll it be thycke as a syzope, is sometyme conuenient, and that as well to cholerycke persones, as vnto fleumatycke: and yf fleume be aboundant, than with rootes and sedes of fenelle and percely sodden with it. Also in that case Oxymel, that is to say, hony and water sodden togyther, with the sayde rootes and sedes, and a quantitie of vyneger put therto in the boylynge, is verye commendable. If the patient be very costiue, thē the medicine of Galene, callyd Hierapicra, fromc halfe an ounce to an ounce, taken in water of hony oz ale, oz takē in pylles the weyght of a grote, and a halfe, oz two grotes, yf the stuffe be good, wyll pourge the body sufficientlye, without makynge the bodye weaker. Also that medycine by clensyng the stomake and body, relyeueth a man and woman, fromc many perylous sycknesses. If the humours in the stomake be not putrified, but that it is greued with aboundaunce of salte fleume, I haue founde that mylke newe mylked, wherin is put a quantitie of good hony oz sugar and three leaues of good speare myntes, and a lyttell boyled, to drynge drunke warme fastynge,

the

Elyot. Sir T.

the quantitie of a pynte, and reſtynge on it, with out eatynge or dzynkynge anye other thynge the ſpace of thze houres after, haue abundantly purged and comforted the ſtomake, but where there is no fleume, but only choler, it is not ſo holſome, but rather hurteth, makynge fumoſyties in the head, wherof commeth head ache.

¶ Of diſtillations callyd cõmonly Reumes, and of ſom remedies agaynſte them right neceſſary. Cap. 2.

FOraſmoche as at this preſent tyme in this realm of England, there is not any one moze annoyance to the helth of mans bodye, than diſtillations from the head callyd reumes, I wyl not let to wzite ſomwhat of theym, wherby men may take benefyte if they wil, although ſom phiſitions, moze conſydering their market than their dutie to god and their countrey, wyl be neuer ſo mocke offended with myne honeſt enterpziſe.

¶ Dyſtillation is a dzoppynge downe of a lyquyde matter out of the head, and fallyng eyther into the mouthe, oz into the noſethzyles, oz into the eyes, and ſomtime into the chekes and eares, that whiche falleth into the mouthe, is receyued of the thzote into that parte, which is the inſtrument of the voice, which at the fyzſt maketh hozneſſe, and in pzoceſſe of time maketh the voyce liſtell, and vneth to be harde. And yf the reume be ſharp, it raſeth the inner ſkinne of the thzote, and ſomtyme it doth exulcerate the lunges. If it doth fall into the ſtomake, the reume beynge colde, it altereth the body into a colde diſtemperance, if it be

be hote, it maketh a hot distemperature, and doth sometyme exulcerate in processe of tyme: And at the begynnyng abateth appetite, and maketh feeble concoction. The cold reume, maketh concoction slowe, and also cruditie, and ingendreth soure fumes in the mouthe. If it be corrupted, it turneth also nourysshement vnto corruption, whiche maketh vpbraydynges fumish or sharp, or of sompll qualytie, whyche can not be expressed. If the matter do dyscende lower, it tormenteth the guttes callyd Ieiunū and colon, & toucheth other vessels, from whens procedeth digestion. In this diseraly two thinges are to be prouided for, first to lette that the reume do not distylle into the sayde places, or if it hath done, that it be shortly expellid from thense. First to lette that it shall not destyll, it shal be necessary to eate som meate the soner in the morning, if there hath not preceded repletion. ¶ Where the temperature of all the body is colerike, and the stomake is weak, the stomak wold be made stronge with suche thynges as of theyr propertie do comforte the stomake, forsene that they be moderately cold and moyst: And that whiche is all redy fallen into the stomak, must be expellyd with vomit or siege, prouoked with wormwode steped all one day and a nyghte in a lyttell small white wyne, or smalle ale and stale, whyche hath vertue onely to wype away the fylth frome the stomak, but if it be sucked depe into the filtes of the stomake, than is it better to take the medicine callyd Hierapicra, either in pouder with dryll warmed, or els in pilles, to the number of fyue or mo in the morynge. vi. houres before any other meate or drynke taken, afterwarde to noynte the mouthe

Elyot. Sir T.

mouthe of the stomake, with oyle of Mastyke or Nardinum temperately warme. Alway yf a hote rewme do falle into a hot stomake, than meates and drynkes whyche be cold in vertue wold only be vsed. Where the stomache is distempred with heate, and the reume distylleth into a cold heade, there is the dyscrasy hard to be cured: And they whiche be so affecte or dyseased, must take suche thinges as may dissolue the fleume and clense the stomake without heatyng therof, of the whyche vertu we knowe oximell to be of.

¶ If the stomake and head be bothe distempred with cold, than must be vsed meates drynkes and oyntmentes, whiche onely be hotte, and vtterlye to forbeare all that is colde.

¶ By these distillations or reumes happeth many other greuous diseases, besides those wherof I haue spoken, as in the head whyrlynges, called in latyne Vertigines, sodayn soundinges, falling sykneſſe, polis, stinkyng of the nose, callyd Polypus, sores in the mouthe, tothe ache, pynne & web in the eies, dulneſſe of heryng, quynces, frettyng of the bowels, with flyxes, shortnes of breathe, griefe in the harte, palseys, ache in the muscules and ioyntes, wherfore it is not to be neglected. And I doo moche meruayle, that our phisytions do not more studyously prouyde therfore remedyes. I my selfe was by the space of foure yeres continually in this dyscrasy, and was counsailed by diuers phisitiõs to kepe my head warme, and to vse Diatrion piperion, and suche other hotte thinges as I haue reherſed, at the last fetyng my selfe very feeble, and lackynge appetite and slepe, as I happed to reade the boke of Galene De tem

peras

peramentis, whiche treateth De inequali tempe-
ratura, and afterwarde the. vi. boke, De tuenda
sanitate, I perceyued that I had ben longe in an
errour. Wherfore fyrste I dyd throwe away my
quylted cappe, and my other close bonettes, and
onely dyd lye in a thynne coyfe, whiche I haue e-
uer sens vsed bothe wynter and Sommer, and
ware a lyghte bonette of veluette onely, thanne
made I oximelle after the doctrine of Galene,
saupnge that I boyled in the vyneger rootes of
persely and fenell, with endyue, cychorye, and be-
tayne, and after that I hadde taken it thre dayes
continually, euery day thre sponesful in the mor-
nynge warme: than toke I of the same oxymell,
wherin I had infused or steped one dramme of
Agarike, and halfe a dramme of fyne Reubarbe,
the space of. iii. dayes and. iii nyghtes, whiche I
receyued in the mornynge, eatynge no meate. vi.
houres after, and that but a lyttell brothe of a
boyled henne, wherof enslyd. viii. stoles abun-
daunt of choler and fleume: soone after I slepte
soundly, and had good appetite to eate, after sup-
per I wolde eyther eate a fewe colyander sedes
prepared or swalow downe a lyttel fyne mastik, e
forbeare wyne, and drauke only ale, and that but
lyttell and stale, and also warmed. And somtyme
in the morning wolde take a parfume of Storax
calamita, and nowe and than I wolde put into
my nosethyrls eyther a leaf of grene laurel, or be-
tayn, or water of maioram bruised, which caused
the humour to distyll by my nosethyrles. And yf
I lacked storax, I toke for a parfume the rynde
of olde rosemary and burned them, and helde my
mouth ouer the fume closynge myne eyes, after-
warde

ward to comfort my ſtomake and make it ſtrõge, ſomtime I wold eate with my meat a litle white pepper groſſe bruyſed, ſomtyme Galens electuary made of the iuyce of quynces, callyd Diacytonites, ſomtyme marmalade of quices, or a quince roſted. And by this diete I thanke almighty god, vnto whome onely be gyuen all glory, I was reduced into a better ſtate in my ſtomake and head, than I was. xvi. yeres before, as it maye appere vnto them, whiche haue longe knowen me.

And this haue I not written for vayngloype or of preſumption, but to the intent that they which haue their bodyes in like temperature as myne was, that is to ſay, being colerike of complexion, and haupng reumes kallyng out of a hotte head, maye if they lyſt aſſaye myne experience, or in the ſtede of my ſayd infuſion, take Hierapicra, with ale or water to purge them, wherof ſhall not enſue ſo moche peryll, as of corrupted ſyropes, and other confections callyd Magiſtrales, made with olde rotten drugges, thoughe the phyſitions be neuer ſo well lerned. In bodyes of other temperature, I wolde not that myne experience ſhulde be practiſed but with diſcretion, temprynge the medicine, as the qualities of the ſtomak and head do requyre, remembrynge alway, that hot reumes be thyn and ſubtyll, colde reumes be for the more part thycke. Alſo that they whiche be thyn wold be made thycke, that they perce not ſo faſte. And that they whyche be thycke, wolde be made thyn that they may the ſooner be purged. Fynally this dare I affirme, that the reumes, whyche of late time haue ben more frequent in this realme, than they were wont to be. xl. yeres paſſed, haue hap-

ned,

ned of none occasion more than of banketynges after couper, and drynkyng moch, specially wine a lyttell afore slepe. In other thyng is the keppyng the head to hotte or to longe coucred, wherby the brayne whiche is naturally colde, is distempered with hotte vapours ascendyng from the stomak those same vapours beynge lette to euaporate or passe forthe out of the head, and therfore be concrete or gathered into humour superfluous, whiche stylleth downe eftsoones out of the head into the places before rehersed. Yet nowe a dayes if a boye of .vii. yeres age, or a yong man of .xx. yeres, haue not two cappes on his hed, he and his frendes wyl thinke that he may not continue in helth. And yet if the inner cappe be not of veluet or sattyn, a seruyng man feareth to lose his credence. A person vycar or parysshe preste, by vsynge theyr veluet cappes embrowdred with laces doo make some men thynke that they be ashamed of theyr crownes, that reuerend token of the order of preesthode, the which notable abuse, I moche meruaile that the bisshopes wyl suffer, specially they whiche haue hadde leysure to reade the warkes of saynt Cyprian, saint Hierome, Chrisostomus, saynt Ambrose, & sundry decrees made by the old fathers, cõcernyng the honest vesture of preestes, whiche although it seme a lyght matter to some men, yet it augmenteth or minisheth not a lytel in preestes, the estimation of their condicions. Salomon confirmynge the same, sayenge: The garment, the gate, and laughter of a man declareth what he is. But this matter wyll I leaue to an other place, where I intende to speke more abũdantly of it, yf it be not the sonner amended.

Elyot, Sir T.

Nowe to conclude, as longe as the sayde occasyons contynewe, soo longe men shall not be without reumes, although they were all perfyte physytions.

¶ By what tokens one may knowe whether the stomacke and head be hotte or cold.

NOwe to retourne to the remedies against the sayde annoyance, wherof happeth soo many great sycknesses, I wyl be bolde to wryte a lyttell out of the warkes of the most famouse & experte phisitions. Fyrst the cause of the rewme muste be dygested, after expulsed, thyrdly dyuerted, that is to saye, toumed frome the eyen or throte, into the nose, frome whense it maye be more easyly pourged. Fourthely it maye be stopped, that it shall not destylle. In hotte dystyllations the head is very hotte in feelynge, the reume being in the mouth is thyn and warme, the tong or chekes within blysstered, the face somtime redder than it is accustomed to be, somtyme a burnynge within the nose. To theym whyche haue this hotte reume, may be gyuen the sede of white poppy. Diacodion made of the hedes of white poppy and raine water. Amylum with mylk, if there be no feuer, penidees, malowes, orage, gourdes, & spinage, boyled & eaten with oyle of almondes, sirope of violettes, nemiphar or the wyne of sweete pomegarnates, the waters of a greate cucumber, boyled with a lyttell sugar, beynge dronke, dothe mitigate coler, stoppeth the reume, and easily loosseth the wly, the sedes of melons brayed in a mor-

tes

ter with water, and strayned with soft bread, hauyng sugar putte to it, maketh an excellent good meate agaynst the hot reumes, plaisters made of barley bruised, violettes, popy, and camomil boiled in water, wherin sponges or linen clothes being dept, shuld be laid on the hed, and the genitories or legges therwith washed. If the syck man can not slepe, than the said partes with the healy and fundement shal be noynted with the oyles of violettes & Nemiphar, the sauour of Camphar in rosewater with violettes is good in that case: Galen exhorteth and I haue proued, that in a very hotte reume, whiche hath stilled fast, the powryng of colde water in vpon ones hed hath stinted the reume. He that is therin diseased must eschewe going in the son, or to come nigh a great fyre, or to stande or be long couered, or to weare moche on his hed, he must rest moch and prouoke hym selfe to slepe a nyght but not very long and to lye on the one syde on a harde bedde, hauinge his head hyghe, also rubbyuge of his legges before meale is very holsome. Colde reumes be perceyued by coldnesse of the humour and hed with palenesse of the vysage, all colde thynges increasynge the reume, These thynges ar good against it, the decoction of cicer with hony and raysons, fylberd nuttes tosted eaten after meales, nothing is more holsome than abstinence, specially in the euenynge, they whiche haue it muste beware of Northerne windes, the moneshine by night, washing in colde water, and to be long, barehedded. The sedes of Nigella a lytell tosted and putte in to a piece of thynne sarcenet and smelled vnto, stoppeth the reumes.

¶ Neelynge in the begynnynge of the rewme is displayled of Galen, but after that the matter is dygested, it is verye holsome: that maye be made with leaues of laurell or betayn put into the nose thyrles, the iuyce of colewortes, the rootes of red beetes, water of Maioram. I pretty medicine for that purpose proued. The iuyce of ponge betes and Maioram of euerych one ounce, good white wyne. iiii. ounces, saffron the weight of .ii. pence, that beinge hette and taken in the mouth, shal be drawē vp with breth to the place, wherby the distyllation falleth out of the nose into the mouth. And yf the reume do distylle into the cheekes and teth, I haue proued that the iuyce of ground iuy, and that herbe which we call Mouse eare, taken within a quyll into the nosethyrles, oftentymes purgeth exceedyngly the reume, and taketh away the ache of the tethe.

¶ Gargarisyng, if it be not discretely vsed, may do more harme than good, bryng downe moche abundance of matter vndigested, but taken in order with water hony and pepper, or with Issope and hygges bouled in white wine, and taken very hote in a gargayle is right conuenyent.

¶ For compassyon whiche I haue of them that be vexed with toth ache caused of reumes, I wyl by the leaue of phisitions conclude this chapiter with an excellent medicine ageinst the said passiō which is writen of an honorable phisition of late yeres, which medicine also maketh tethe fast, whi che be louse, and also stopped the superfluouse bledyng of goumes, wherwith the brethe is made vnsauery. Take the ryndes of Caper rootes, the rootes of brembles, whyche doo beare blacke

bearyes

beatyes, the floures of pomegranates callyd Balaustia, of euery of them, the weyght of.ii. ducates, polypodie of Spayn one ducate, sede of white henbane, the ryndes of mandrage, of euerye of them one ducate and a halfe, spourge of the gardeyn one handful, alume of the roche .ii. ducates, boyle all this in white wyne or clarette, whych is very rough in taste, and strayne it, therwith lette the patyent oftentymes washe his mouth. Albeit I wyl counsayle them, whiche wyl take this medicine or any other, fyrste to pourge the cause of the reume, as before is rehersed, or in any otherwyse, as they shall be counsayled by welle lerned and discrete physytions.

Of Lassytude. Cap. 3.

LAssitude is a disposition towarde sycknes, wherin a man feleth a sorenes, a swellynge or an inflamation. Sorenesse happeneth of humours sharpe and gnawyng, as after greatte exercyse and labours, whyche lassytude happeneth to theym, whose bodyes are full of pil iuyce and excrementes Also after eruditie in them, whyche are not exercysed, or do abyde longe in the heate of the sonne. It may also be in the body, wherin is good iuyce, yf he be satysgate with immoderate exercyse. In them, whiche do sule this lassytude, the skynne appereth thycke and rough, and there is felte a grefe sometime in the skynne onely, sometyme also in the flesshe, as it were of a soore. The cure therof, is by moche and plesant rubbynge, with sweete oyles, whiche haue not the vertue to restrayn or close, and that with ma-

Aetij. li. 5.

Galen. de tu. sanitate lib. 5.

Elyot, Sir T.

ny handes, and afterwarde to exercyse moderatly, and to be bayned in water swecte and temperate in heate. also than muste be gruen meates of good iuyce, potage but selde, wyne is not to be forbaden, for vnto wyne vneth any thynge maye be compared, that soo welle dygesteth crude humours, it also prouoketh sweatte and vryne, and maketh one to sleape soundly. but yf this lassytude do abyde the nyght and daye folowynge, or waxeth more and more, than yf the pacyente be of good strength and ponge, and hath abundance of bloude, let hym be let bloud, or prouoke the hemorroides or piles to blede, yf they do appere. But yf it procede of the malyce of any humour, without abundance of blouddc, than resorte to pourgations, apte for the humour that greueth. The tokens whcrof, shall appere as wel by the colour of the skynne and diete precedynge, as by vryne, ordure, sweatte, thyrst, and appetite, as it is recherled before in the complexions. Yf the yl bloud be lyttell in quantitie, and the crude humours aboundant, thā shal he not be lette bloude, nor vehemently purged, neyther shall exercyse or moue hym selfe, nor be bayned. for all exercyse carpeth humours throughout all the bodye, and stoppeth the powers. Wherfore these maner of persones shoulde be kepte in reste, and suche meates drynkes and medicines shulde be gyuen to them, whiche shulde attenuate or dyssolue the grossenes of the humours, without notable heate, as oxymel, barley water, and mulse, yf the pacyent abhorre not honye. And for almoche as in the sayde persones, commonly there is abundance of wynde about theyr stomaches, therfore pepper, specyally

longe

longe pepper, or whyte, is very conuenyent to be vsed, and the medicine before written, callyd Diaspoliticum. When the humours are dyssolued, than is it good to drynke whyte wyne, or smalle clarette wyne moderately.

¶ Lassitude extensyue. Cap. 4.

When one thynketh that he doothe fele a swellynge or bollynge of the body, where in dede there dothe not appere in syght or touchynge any swellynge, that is callyd lassitude extensyue, if it happeth without exercyse or vehement mouynge. ¶ This dothe happen of excessyue multitude of humours, whyche doo extende the musculles or fyllettes. In this no sorenesse is felt, but onely an heuines with extention or thrustyng out of the body. And bycause that there is abundance of bloude in the body, best remedy is to be letten bloude about the elbowe or ancle, after to be purged, than to vse softe frycasses with oyles afore rehersed, afterwarde moche rest and temperate bathes, and meates lacking sharpenesse, and being absterssyue.

¶ Lassitude with the felynge of inflammation. Capitulo. f.

If without any mouynge, the musculles and flesshe ryse vp in the bodye, as it swelled, with greatpaynes and excedyng heat, thā sone after foloweth most hottest feuers, except it be preuented by letting of blud and that in abundance, and almost to sownyng, but it were more sure to be let bloud twyse in one day, the fyrste tyme without

sownynge, at the nexte tyme sownynge is not to be feared. If the griefe be in the necke or head, the bloudde muste be let of the veyne callyd Cephalea, or the shulder veyne. If it be in the bulke or vppermoste parte of the bodye, than muste the veyne be cut, whiche is callyd Basilica, or the innermoste veyne. If all the bodye be greued, than cut the veyne whiche is named Mediana, or the myddell veyne. If a feuer remayne after bloude lettyng, than order hym with the diete of theym that haue feuers, whyche ye shall fynde wrytten hereafter. If noo feuer remayne, than vse moderate fricasyes, and lyttel eatyng, and that of meates haupnge good iuyce, increasyng by lyttel and lyttell to the naturall diete.

¶ Diet of them that are ready to fall in to sickneſſe. Cap. 6.

NOw to retourne eftsones to speke of diete it is to remembred, that they, whyche are redy to fall into diseases, they ar prepared thervnto, eyther by repletion of superfluous humors, or els by crudite or malyce of humors, whiche are in them. As touching the first, the general diete must be such, as therby the humours maye be attenuate, & by cõuenient euacuation, brought to a moderate quantitie. As for the seconde muste be corrected with meates and drinkes of contrary qualities, hauyng alway respect to the age of the person, tyme of the yere place of habitation, and most specially the vniuersal complexion: for choler offendyng in an olde man, in wynter tyme in a colde countrey, or the personne beynge of his naturalle

naturall complexion, fleumatike or melancolye, wolde not be soo aboundauntly expulsed or subdewed, as yf it be in one yonge and lustye, in the hotte sommer, in the countreys, where the sonne feruently burneth, or the personne of his proper nature is very colerycke. And in lykewyse contrarye. Wherefore euerye man, knowynge his owne naturall complexion, with the qualitie of the humour that offendeth, lette hym make temperance his chiefe coke, and remembrynge that whyche I haue before declared, ordayne to hym selfe suche dyet, as maye reformme the offence with none or lyttell annoyance, to his vniuersall complexion. And yf he can so do, he shall happily escape, not only dyuers sykenesses, but also the most pernicious danger, procedyng of corrupted drouges or spyces, wherof some couetous potyearyes to make medicines, maugre the heades of good and well lerned physitions.

¶ Sykenes moste commune to partycular tymes of the yere and ages. Cap. 7.

Although I do not intend to wryte of the cure of egritudes or sykenesses confirmed, aswel because it mought be reputed in me a great presūption, as also forasmoch as it were very perylous, to dyuulgate that noble scyence, to commune people not lerned in lyberalle sciences and philosophy, whych be required to be sufficiently in a physition. And moreouer, many bokes of Hypocrates and Galen ought to be radde, before that one doo take vppon hym the generall cure of mens bodies, yet not withstādyng I trust

I maye withoute any note of arrogaunce wryte, what dyseases do moste cõmonly happen in sundry tymes of the yere and ages of men and women, with some significations, whereby the dyscrasy or distemperature of the body is perceyued, to the intent that the phisition being far of, may be truely informed, consyderyng that vrynes far caryed, do often deceyue them, and likewyse lacke of the syghte of the pacyent, and inquisition of thynges, whiche do precede or folowe the sykines. And with this I truste none honest & charitable phisition wyll be offended, but rather gyue to me thankes for my diligence, in the aduaunc*y*nge of theyr estimation, whyche by lacke of perfytte instruction hath ben appaired.

¶ Sycknesses of spryngе tyme.

¶ Dyseases procedyng of melancolye, as madnesse, fallynge sycknesse, bleedynges, quynces, poles, hoorsenesse, cowghes, lepryes, scabbes, ache in the ioyntes.

¶ Sycknesses of Sommer.

¶ Many of the sayde dyseases, also feuers cõtinuall, hotte feuers, feuers tercians, quartaines, vomytes, flyxes, watrynge of eyes, peynes of the eares, blysters and soores of the mouthe and sweattynges.

¶ Sycknesses of Autumne.

¶ Dyuers of somer sycknesses, also oppilatiõs of the splene, dropsyes, consumptions, stranguli-ons, costiuenesse, ache in the hucale bones, shortenesse of wynde, frettyng of the bowelles, fallyng sycknesse, and melancolyke dyseases.

Sycke-

¶ Sycknesses of wynter.

¶ Swytches and grefes in the sydes inflamatiō of the lunges, reumes, coughes, peynes in the brest, sydes, and loynes, head ache, and palseyes.

¶ Sycknesses happnyng to chyldren.

¶ Whan they be newe borne, there do happen to them sores of the mouth callyd Aphte, vomiting, coughes, watchynge, fearefulnesse, inflamations of the nauell, moysture of the eares.

¶ Whan they brede teethe, ytchyng of the gummes, feuers, crampes, and laskes.

¶ Whan they ware elder, thanne be they greued with kernelles, openesse of the mould of the head, shortnes of wynde, the stone of the bladder, wormes of the bealy, waters, swellynges vnder the chynne, and in England commonly purpyls, mealels, and small pockes.

¶ Sycknesse happnyng to yonge men from .xiiii. yeres of age.

¶ Feuers cotydiane, tercians, quarteyne, hotte feuers, spyttynge or vomeryng of bloude, pleurefies, dyseases of the sydes, inflammation of the lunges, lethargies, franesy, hotte sycknesses, cholerike passions, costyuenes of vehement laskes.

¶ Sycknesses of age.

¶ Dyfficultie of breathe, reumes with coughes, strangulyon, and dyfficultie in pyssynge, ache in the ioyntes, diseases of the raynes, swymmynges in the head, palseyes, ytchynge of all the bodye, lacke of sleape, moysture in the eyes and eares, dulnesse of syght, hardnesse of hearing, tisykes, or shortnesse of breathe.

¶ Although many of the sayd sycknesses do happen

yen in euery? tyme and aege: yet bycause they be most frequent in the sayde tymes and aeges, I haue wzytten them, to the intent that in the ages and tymes moste inclyned vnto them, suche thinges mought be than eschewed, whiche are apt to engendze the sayde dyseases.

¶ The generall sygnifications and tokens of syckenesse. Cap. 8.

IF the bodye be hotter, colder, moyster, dzyer, leaner, fuller, the colour moze pale, oz swarte, the eyes moze holow than is accustomed to be, it sygnifyeth that the body is disposed to sykues, oz alredy sycke.

The brayne syck.
- Rauynge.
- Forgetfulnesse.
- Fantasye.
- Humours cõming from the rouke of the mouthe, the eyes, the nose, oz the eares.
- Watche.
- Sleape.

The harte syche.
- Difficultie of bzeathe.
- Tremblynge of the harte.
- Beatynge of the pulse.
- Feuers.
- Colde.
- Diuersitie of colours.
- Griefe about the harte.

Lacke

The lyuer sycke.
- Lacke or abundance of humours.
- The form of the body altered
- Palenesse.
- Concoction.
- Dygestion.
- Alteration of excremētes accustomed.
- Pein in the place of the liuer
- Swllynge.
- Dyfficultie of breath.

The stomack sick.
- Cōcoction, slow or quick.
- Appetite of moyste or drie, dulle, or quicke.
- Separation of excrementes moyste or harde with theyr colours.
- Yerynge. Belkyng.
- Wometyng with peyn and difficultie of breth.
- Urine moch or lyttell with the colour and substance to reddē or to paale, to thycke or to thinne.

The breast sycke.
- Difficultie of breth.
- Cowghe,
- Spyttyng.
- Pyne in the breste.

¶ This haue I written, not to gyue iudgement therby, but onely for the pacient to haue in a redyneſſe, to thintent that what so euer he feleth or perceyueth in euery of the sayde thynges, therof to

to instructe his phisytion, wherunto he may adapte his counsayle and remedies.

¶ Of vrines. Cap. 9.

FOrasmoch as nowe a days the most cõmon iudgement in sycknes is by vrines, whiche being far caried or moch meued or standing longe after that it is made, the fourme therof is so altered, that the phisitiõ shal not perfytly perceyue the natural colour, nor contentes, although it be neuer so well chafed at the fyre, as Actuarius and other great terned men do affirm. I will therfore somewhat speake of vrines, not so moch as a phisition knoweth, but as moch as is necessarye to euery man, for to perceyue the place and cause of his grieke, wherby he may the better instructe the phisition.

¶ Fyrst in vrine, foure thynges are to be consydered, that is to say, the substance, the colour, the regions or partes of the vryne, and the contenters or thynges therin conteyned.

¶ Also forasmoch as in the body of man be four qualities, heate, colde, moysture, and dryth, two of them, heat and colde, are causes of the colour, dryth and moisture are causes of the substaunce.

¶ Moreouer in vrine, being in a vessel apt therunto to be sene, are thre regions. The lowest region in the bottom of the vrynall, conteyning the spaces of two fyngers or lyttel more. The middel regyon, frome whense the lowest ended vnto the cerkle. The hyghest region is the cerkle.

¶ The hyghnesse of the colour sygnifieth heate: the pale, blache, or grene, signifyeth colde.

Also

¶ Also the grossenes or thyckenesse of the vryne signifieth moysture, the clerenes or thynnesse, sygnifieth dryethe.

¶ The colours of vrynes.

¶ Colour of bryght golde. } Perfyte digestyon.
Colour of gylte. }

Red as a red apple or chery. }
Pale redde, lyke to bole armenake, or saffron dyed. } Excesse of dygestyon.
Redde glowyng lyke fyre. }

Colour of a beastes lyuer. }
Colour of darke red wyne. } Adustion of humours.
Grene lyke to colewortes. }

Leaddy colour. }
Blacke as pynke. } Feblenes or mortificatiō of nature, excepte it be in pure gynge of melancoly.
Blacke as horne. }

Whyte clere as water. }
Gray as a horne. } Lack of digestion.
Whyte as whay. }
Colour of a camels heare. }

Pale lyke to brothe of flesshe sodden. } The begynnynge of dygestyon.
Citrine colour or yelowe. } The myddell of dygestyon.
Rubeicrine or paler. }

Whyte and thynne betokeneth melancoly to haue dominyon.
Whyte and thycke sygnifieth fleume.
Redde and thycke betokeneth sanguine.

Redde

Redde and thynne betokeneth choler to haue the foucrayntie.

¶ The substaunce of the vryne. Cap. 10.

AT the first pissyng, all vrines well nygbe do appere thynne, as longe as they abyde warme. for naturall heate, durynge the tyme that it preuayleth, suffryth not that the lycour, whiche is the substaunce of the vrine, to cõgele or be thycke for any occasyon: but after that heate is goone, somme vrines shortely, somme a longer tyme after, waxe thicke. Lykewise some tyme, some are pysted thicker, and after waxe clere, some remayne styll as they were made, some be metely thycke, as they were troubled, some very thycke and grosse. They that waxe clere, some do gather that, which is thicke into the bottome of the vrinall: some remayne troubled, the grossenes not withstanding gathered in the bottom. Wherin diuersitie of thynne or subtyll vrines, must be perceyued, that is to say, that some are very subtyl as water, some lasse subtyl, some in a meane betwene thicke and thynne.

¶ Of thynges conteyned in the vryne, some doo discende downe to the bottome, and be called in a greke worde Hypostasis, in englysshe some call it the groundes, some the residence, whiche if it be whyte, lyght resyng vp from the bottome of the vrynal, lyke a peare, it signifieth helth, if it be of any other fygure or colour, it betokeneth some anoyance. If lyke thynges bee sene in the myddel of the vrinall, they be called sublations, yf they approche vnto the highest regyon of the vryne,

groundes

The groundes or residences not perfyte, some is lyke lyttell redde vetches, and is callyd in latyne Orobea, som is lyke to braune of wheat ground, and seuered from the meale, and is callyd braunny residence, in latyne Furfurea, some be lyke vnto plates, hauing bredth and length without thyckenes, and maye be named platye residence, in latyne Laminea, some is lyke to meale, wheate, or barley, and maye be named mealy residence, in latyne Similacea.

¶ There is also sene in the vryne lyke to whyte heares, some longer some shorter. somtime like to ragges, somwhat redde. There is also sene in the vppermoste parte of the vrine, sometyme a some of froth, somtime billes or bobles, somtyme there swymmeth in the vrine a thing lyke a cobwebbe, otherwhile there is aboute the cerkle, as it were the rentynge of clothe, somtyme there is in the vryne lyke motes of the sonne, somtyme lyke the matter of a sooze, otherwhyle lyke the seede of a man, also grauelle or sande. And in these thynges maye be dyuers colours, some whyte, some redde, some betwene bothe, some yelowe, some graye, and some blacke. All this muste be dyligently marked, and therof separately to aduertise the phisition, vnto whom I referre the iugement of the sickenes, for the cause afore rehersed, and for as moche as the iudgemente of theym is very subtylle.

¶ Semblably of ordure, whyther it be very thin or very thycke: what other matter yssueth outs with it, what colour it is of, the sauor very great lyttell or none, yf it were easyly expulsed, or peynfully, howe oft or howe seldome.

¶ Moreouer of sweat, what colour it is of, and of what sauour, yf in tastynge it be salte, sowre, bytter or vnsauery.

¶ Also the vompte yf it be of one colour or many, if it doo smelle horribly, of what humour it had moste aboundance, yf it were eastynge, or after meales, if it were peynefull or easy.

¶ Lykewyse spettyl, whether it be thyck or thyn or myxt with bloud, or mater corrupt, accordingly of the humour issuynge out at the nose, and yf that be bloude, than whether it be redde, watry, or blacke.

¶ Moreouer, it may not be forgotten, to aduertise the Phisition of the diet vsed by the pacient, as well afore the sycknesse, as in the tyme of the sycknesse, his age, the strength of his body, hys exercyse, and place, where he lengest abode in his youth, whether it were hye or low, watry or dry, hotte or colde.

¶ This I trust shall be suffycient, to instructe a phisition: he that desyreth to knowe more particularly hereof, let hym rede the bookes of Hipocrates, Galen, Cornely Celsus, Actuarius, Paulus, and dyuers other late wryters, for this lytle treatyse may not receyue it.

¶ The preceptes of the auncient phisytion Diocles vnto kynge Antigonus. Cap. xi.

We wyll nowe diuide the body of mā into foure partes, the head, the bulke, callyd in latyn thorax, whiche conteyneth the brest the sydes, the stomake, and entrayles. The bely, callyd

callid in latin venter, conteineth the panche & the bowels. Also the bladder, callid in latin vesica, in the whiche name is also conteyned the cundytes, by the whiche urine passeth. Whan any dysease approcheth to the head, these tokens do cõmonly procede, swymmyng in the head, head ache, heupynes of the browes, soundynge in the eares, pypekynges in the temples, the eies in the morning do water, or ware dymme, the smellynge is dull, the gummes do swelle. Whan thou feelest suche tokens, forthwith pourge the head with somwhat, not with vehemente medicynes, but takynge Isope or Organum, and the croppes of them boyle with whyte or clarette wyne halfe a pynte, and therwith gargarysse your mouthe fastyng, untyll the fleume be purged out of youre heade, this is the eastyest medycine in diseases of the head. It is also very holsome to gargarysse the mouth and brests with hony water, whereinto mustarde is put and myngled, but fyrst the head must be rubbed with a warme clothe, that the fleume maye easyly come out of the head. And if these tokens be neglected, these maner of sycknesses doo folowe soone after, bleared eyes, and humour lettyng the syght, clefte in the eares, swellynges in the necke full of matter, callyd the kynges euyll, corruption of the brayne, poses, or reumes, heupynes of the head, and toothe ache.

¶ Whan the bulke is like to suffer any sicknes, it is perceyued by these tokens, all the body is in a sweate, the bulke most specially, the tunge waxeth thycke, the spettyll is eyther salt or bytter, or cholerike, the sydes and shoulders do ake without any occasyon, the patyent gapeth often, also

there dothe happen moche walkynge, ſuffocati-ons or lacke of breth, thirſte after ſlepe, the mynd is vexed with heuyneſſe, alſo the breaſte and ar-mes are very colde, and the handes doo tremble.

Againſt theſe thynges this remedy may be pro-uyded. After a moderate ſoupper, aſſaye to vo-myte without any medicine, vomyte is alſo pro-fytable, whyche meate dothe folowe. He that in ſuche wyſe wyll vomite, let him eate haſtily ſmal radiſhe rootes, townkerſes, rokat, ſynuy, or pur-ſlane, and drynke after it a greate quantitie of warme water, and prouoke him ſelfe to vomyte. He that ſetteth lyttell by the ſayde tokens lette hym feare theſe ſyckeneſſes folowynge, the pleu-reſye, the ſyckneſs of the lunges, melancolye or madnes, ſharpe feuers, the franſye, the letargye, inflamation with perynge.

¶ If any ſyckeneſſe be towarde the bealye, they may be eſpyed by theſe tokens, the bealy is fyrſte wrapped togyther, and in it ſelfe is troubled, all meates and drynkes do ſeeme bytter in taſte, he feeleth heuyneſſe in his knees, a ſtyffenes in his loynes, a wearyneſſe in all his bodye, without any occaſyon, a ſleppyneſſe in his legges, with a lyttell feuer, whan thou feleſt theſe tokens, mol-lyfye the bealye, not with medycyne, but with good order of dicte, for it is beſte and moſte ſure to vſe thoſe thynges, wherof lyghtly maye enſue none annoyaunce, in the noumber of theym are betes boyled in water of honye, garlyke ſodden, malowes, ſorell, mercurye, and all thynges con-dyte in honye. All theſe doo expelle the ordure of the bealy, but yf anye of the ſayde ſygnes dothe more and more increaſe, the lyquour, wherin the

lede of Carthamus, called also Cnicus, is boyled, is a pleasant and sure medicine, small colewortes boyled in a good quantitie of water, the lycour therof in measure .ii. pyntes, saupnge the thyrde part of a pynte, with hony and salte beyng drunken, shall profyte moche. Cicer, and the pulse called in latyne eruum, in englysshe (I suppose) chyttes, in water drunke fastynge, hathe the same effecte. To them, whiche sette litteil by the sayd tokens, these dyseases do sodenly happen, Flure of the bealy, bludDy flux, slyppernes of the bowels, grines in the guttes, ache in the huckle bones, the feuer tercian, the gowte, the apoplexie or palsey in the lymmes, hemorroydes, akyng of ioyntes.

¶ When the bladder is towarde any syckenes, it is perceyued by these tokens, fulnesse felt after lyttell meate, breakynge wynde downeward and vpwarde, paleneSSe of colour in all the bodye, heuy or troublous slepes, the urine pale, and passyng forth peynefully, swellynges about the coddes and priuy membres. When these tokens appere, than is it expedient to haue remedy of odoriferous thynges, whiche do expelle vryne, whiche shall be done without any peryll with the rotes of fenell and persely stieped one or two dayes in good white wyne, and to drinke therof fastyng euery mornynge thre ounces and two drammes, with the water of wylde carettes, or elyeampane, whiche of these is nexte at hande, euery of them haue lyke effecte. Also water wherin the pease called in latyne Ciceres, are stieped, beyng drunk with wyne, is lyke comunodyous: he that neglecteth the sayd tokens, let hym loke for these sykenesses folowynge, the dropsye, the greatnesse of

the

the splene, griefe in the lyuer, the stone, ache of the backe, or peynes in the raynes, the difficultie of vrine, fulnes of the belye. In all these thynges that we haue spoken of, we shal gyue to children moste easy medycines, to men, those whyche be stronger in worckynge.

¶ This dyete of Diocles, although at this time it semeth not moste pleasaunt, nor accordynge to the practise nowe vsed, yet beynge tempred with that which I haue before remembred, som thing may be found in it, which being experienced, may be as commodious for the helth of mãs body, as that dyete whiche is more curyous or pleasaunt.

¶ Of them in whose stomakes meate is corrupted. Cap. xii.

They in whom customably meat is corrupted, let them afore that they eate any meat assay to vomite, dryuking swete wyne, abstayn from meate, that ingender botches, inflamations, fumous ructuations or vapours, and take suche as norysshe good iuyce, and chose them out which do mollify the bely, & at sundry times take them It is also good to take temperatly that whiche loulith the bely, as the medecine callid Picra, and to absteyne from suche thynges, whereby yll iuyce is gathered, and do ingender sykenesses, harde to be cured or neuer, as gowtes, boneache, peynes of the raynes. &c.

¶ Of the vertue of meates. Cap. xiii.

He that is studyous about the conseruation of helth, he nedeth to knowe the vertue of meates. The meat whiche hath vertue

to

to extenuate, or make humours subtyl, it openeth the poores, and bryngeth forthe that whyche is faste in the flesshe, it maketh that which is clammy, subtyll, and dothe extenuate, or relente that whiche is fatte, it bryngeth forthe that whyche abydeth longe in the beally, but that which is eaten, is a superfluitie watry and colerycke, and at length maketh melancolyke bloudde. Wherfore moche vsyng of them is prohybyted specyally to them that are colerycke, and only serueth for thē that are replete with flewme, crude or vndigested humours, clammye, or fatte. The dyete of fatsynge thynges, doth nourysshe abundantlye, soo that the stomake and lyuer do dygest well, meate of good iuyce, maketh good bloud, but yet it stoppeth the lyuer and splene. These do they, whiche make fat humours only, as the pulse called Lenticula, and they that ar slymy like malowes, soom do make fatte humours, and be also slymye, as fyshes with harde shelles. Fynally the dyet, whiche dothe extenuate and make leane, is moze sure for keppynge of healthe, than that whiche fatteth moche. Nourysshynge meates wolde be therfore moderately vsed, whan a man perceyueth hym selfe to haue nede therof, it may be mooste surely vsed of them that be exercysed temperately, and can slepe whanne they lyste. They that can not sleape by reason of exercyse, lette theym eschewe fattynge meates, lette none ydell person attempt to vse theym. In the preseruation of healthe, sluggardye is the greatest myschyefe. Lyke as temperate mouynge is good, soo is the meate whiche betwene thicke and thynne, is to mannes helthe most conuenient, which ingendreth blode,

accordyng to the competent constitution of mans body, and therfore is it to be chiefely vsed. Meat of yll iuyce is alway nofull, wherfore it ought to be eschewed. Likewyse the varietie of meates is to be obserued diligently, for it is a great thing to couple well togyther thinges of contrary vertues, for yf they be not well digested, that whych is receyued, may bryng displeasure.

¶ A diete preseruatiue in the tyme of pestilence. Cap. 14.

The bodyes most apt to be infected, are specially sanguine, next colerike, than fleumatyke, last melancolyke, for in them the humour beinge colde and drye is most vnapt to receyue putrifaction, hauing also strayte passages, by the which venym must passe. The dyet conuenyent for that time is to absteyne from meates, inflamyng and openyng the poores, also from heat of the sonne, from to moche heate or fyre, or garmentes, from euery hote herbe, and moche vse of tarte thinges, except onyons and cikery, or radish with vineger. for they do resyste against venym, from wyne very fumische, exercise incontinent after meales, from sweatyng, from all thinges that wyll cause oppilations and putrifaction, frome thynges hotte and moyste, where moysture hath the dominion in degree, specially beinge not sufficiently boyled: also frome mylke excepte it be in a lyttell quantitie, and that with a lyttell sugar. Fruites and herbes colde and drye, and therwith soure or somwhat bytter, are not prohybited. If ye eate hygges, grapes, or sweete cherryes, eate after

after theym of an orenge with salte. If ye eate thynges cold and moyste, as cucumbers, melons, fysshe sokte and fresshe, or damsyns, eate by and by after, some fenell. and orenge with salte, drynkynge therwith a draughte of good wyne. Beware of mussherons, moche purslane, gourdes, and all other thynges, whyche wyll sone putrify: not withstandyng, I wyll not forbydde eatynge of lettyce, with a fewe myntes, or myrt with cynamom. All thynges sowre are commended, as well in diete conseruatiue, as in that whyche is curatyue or healeth, except where there is straitnes of the brest. or weakenes of the stomake, thā ought they to be tempred with sugar, salt, almōd mylk, cynamom, pepper, fenel, saffron, eggs, and some thyng that is fatte or vnctuous. Capers ar good to be vsed with vyneger. Chese very fatte and salte, is not commended, no more is colewortes, or any kynde of pulse, excepte chyttes: great peason, raues, nor sppnache is good. Also there be forboden rokat and mustarde, moche wyne and egges, excepte they be eaten with sorel sauce, vyneger or iuyce of orenges, persely & also parsnepes be good. newe wynes be nopfull, lette the meate be somewhat more than drynk, but yet susteyn not to moche hunger nor thyrste, beware of lecherye, of a clowdy wether and close, eschewe moche resort of thronge of people, wyndes commynge frome fennes or moores: frome sleape at noone, vse with youre meate this powder, saunders redde, halfe an ounce, cynamom thre drammes and a halfe, saffron halfe a dramme. After youre meate, eate a lyttell of coriander sede, welle prepared. In the mornynge, at a temperate fyre

kembe

kembe your head backewarde, clense your bodye and heade of all superfluities, vse also moderate exercises, with sweete parfumes, and odours, washe oftentymes your face and handes with pure vyneger myxte with rosewater. In colde wether mixt it with myntes, baulme, rue or myxtes, and somtyme with cloues. In hotte sommer with roses or violettes. Above all thynges vse to take whyte wyne good, white vyneger roset, water of roses, in equall porcions, put therunto a lyttell setualle, or of the rynde of a citron, and drynke therof a lyttell, and oftentymes washe therwith your handes and vysage. Medycines preseruatiue against the pestilence, whiche, be alway most redy, ar these, a fygge with rue, and a walnut eaten fasting, also triakle, or mithridate, to olde menne a dramme weyghte, to yong menne halfe a dramme, or a scruple dyssolued in vyneger and rosewater, or in water of tormentyll, scabiose or baulme, yf the plague be in sommer, yf it be in wynter, put to the waters som whyte wyne. Also the pylles callyd commonly Pillule Rasis (but in dede they were inuented by Rufus) are very excellente, specially yf the aloe, whyche is in it, be washed, and therunto added a lyttell Bolus armenus, & terra sigillata, And if the persone be of hotte complexion, a quantitie of corel sede, and redde corall, this confectioned with syrope of citrons, in colde complexyons, or to olde men with white wyne, vse them euery thyrd day one pylle at a tyme, three houres or foure afore dyner or supper. If ye take tryakle or Mithridate, absteyn from meate at the least syxe houres after. A pece of the rote of setuall, borne in the

mouthe

mouthe, preserueth from infection. In lykewise dothe sorell chewed fastynge, and the iuyce sucked downe. To poore men Marsilius was wont to gyue a tooste of breadde steped in vyneger, with a piece of an onyon or rewe. All thynges whyche be cordiall, that is to saye, whyche do in any wyse comfort the hart, do resyste pestylence, vehement anger, or heuynes, be very pernicious. Other more exquisite and costly preseruatiues, I purposely passe ouer, whiche Marsilius, and other phisitions, do wryte of abundantly, for as moche as I desyre to be in this warke compendyous. One thynge I had almoste forgotten, that there is no better preseruature, than to flee from the place corrupted, betyme and farre of, and to let none approche you, that hathe made theyr abode, where the plague is feruent. Moreouer receyue not into your house any stuffe, that cometh out of a house, wherin any persone hath ben infected. For it hath ben sene, that suche stuffe lyenge in a coffer faste shutte by the space of two yeres, after that the coffer hath ben opened, they which haue stande nygh to it, haue ben infected, and soone after haue dyed. But here I alwaye excepte the power of god, whiche is wonderfull, and also mercyfull, aboue mans reason or counsell, preseruyng or strykynge whome, whan, and where it shall lyke his maiesty, to whome be glory and prayse euerlastyng. Amen.

¶ THVS make I an ende of this treatyse, desyryng them that shall take profyte therby, to defende it agaynst enuyouse dyspayne, on whom I haue set the aduenture, for the loue that I beare to my countrey, requyrynge all honest phisitions

to

to remember, that the intent of my labour was, that men and women readynge this warke, and obseruynge the counsayles therin, shulde adapte therby their bodyes, to receyue more sure remedy by the medicines prepared by good phisitions in dangerous sykenesses, they keppyng good diet, and inkourmyng diligentely the same phisytions of the maner of their affectes, passions, and sensyble tokens. And so shall the noble and most necessarye science of phisycke, with the mynisters therof, escape the sclander, whyche they haue of longe tyme susteyned, and accordynge to the precept of the wyse man, be worthily honoured, forasmoche as the hyghest God dyd create the phisition for mans necessitie. And of the erthe created medicine, and the wyse man shall not abhorre it.

Thus fare ye wel gentyl readers, & forget me not with your good report, and pray to god that I be neuer wars occupyed

Finis.

LONDINI IN AEDIBVS
THOMAE BERTHE-
LETI TYPIS
IMPRES.
CVM PRIVILECIO AD
IMPRIMENDVM
SOLVM.
ANNO.M.D. XLI.

ᠨᠠᠢᠮᠠᠨ ᠲᠤᠭᠤᠷᠭᠠ ᠶᠡᠬᠡ ᠪᠤᠶᠠᠨ ᠤ ᠬᠠᠭᠠᠨ ᠤ ᠲᠡᠮᠳᠡᠭ ᠪᠢᠴᠢᠭ ᠲᠡᠭᠦᠨ ᠤ ᠳᠤᠭᠠᠷ ᠬᠠᠪᠤᠷᠭᠠ ᠪᠤᠶᠠᠨ ᠤ ᠬᠠᠭᠠᠨ ᠤ ᠲᠡᠮᠳᠡᠭ ᠪᠢᠴᠢᠭ ᠲᠡᠭᠦᠨ ᠤ ᠳᠤᠭᠠᠷ ᠪᠠᠷᠠᠭᠤᠨ ᠪᠤᠶᠠᠨ ᠤ ᠬᠠᠭᠠᠨ ᠤ ᠲᠡᠮᠳᠡᠭ ᠪᠢᠴᠢᠭ ᠲᠡᠭᠦᠨ ᠤ ᠳᠤᠭᠠᠷ ᠵᠡᠭᠦᠨ ᠭᠠᠷ ᠤᠨ ᠪᠤᠶᠠᠨ ᠤ ᠬᠠᠭᠠᠨ ᠤ ᠲᠡᠮᠳᠡᠭ ᠪᠢᠴᠢᠭ ᠲᠡᠭᠦᠨ ᠤ ᠳᠤᠭᠠᠷ